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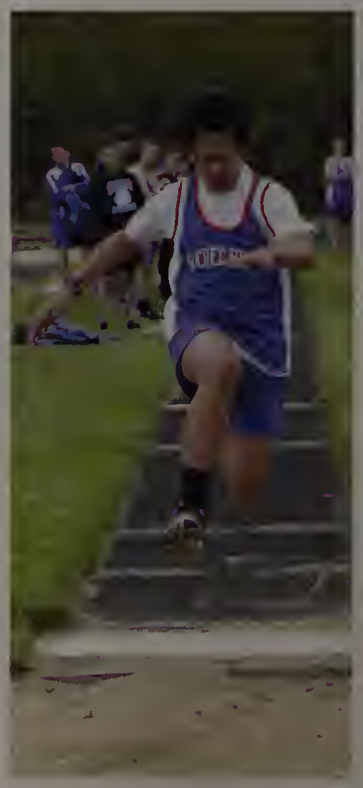

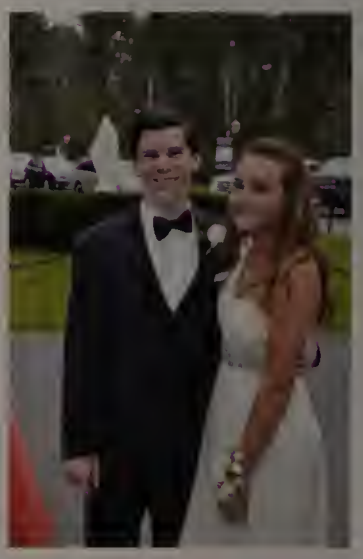

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Saints

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FACULTY

TALENT, PERSONALITY, DEDICATION

CHAMPIONS
CHAMPIONS
SACRED HEART

Faculty/ Staff

John Ayala

Eugene Boyles

Brittany Bradford

Lindsay Briggs

Marie Bruninghaus

Sr. Janice Carmen, S.N.D.

Mary Carroll

Dylan Collins

Raymond Concannon

Carol Davis

Lauren Day

Simone Desouza

Winifred Dick

Ruth Driscoll

Michael Duchaney

Jennifer Duffey

Robert Duquette

Beth Eddy

Dave Ellis

John Fahey

Lauren Flockton

William Foresta

Susan Gallitano

Patricia Gillespie

Richard Gillis

Suzanne Giovanetti

Andrew Glynn

Rita Guinta

Cecily Hassett-Salley

Karen Horan

Joanne Jordan

Marguerite Juliano

Jean Lafortune

Sandy Lavoie

Craig Lochiatto

Clair Lombardo

Ashley Lyons

Debbie Mara

Joseph Masi

Sr. Emma Jean Middendorf

Greg Morehouse

Justine Murphy

Lynne Ann Murphy

Donna Nolan

Kathleen Norris

Jonathan Olson

Dorothy Parker

Laura Parry

Margaret Pasquale

Jason Potrykus

Miranda Raine

Robert Sagona

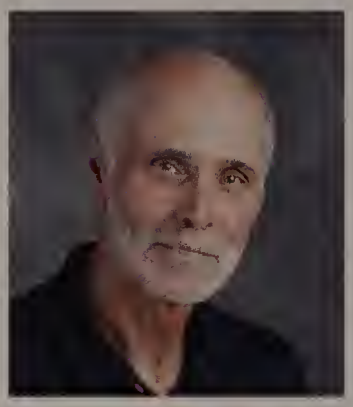
Dan Sapir

Amira Schuman

Kathleen Scott

Norm Shacochis

Richard Steele


Paul Stella

Nancy Swanson

Ann Taylor

David Terkelsen

Julie Trahon

Carey Zigouras

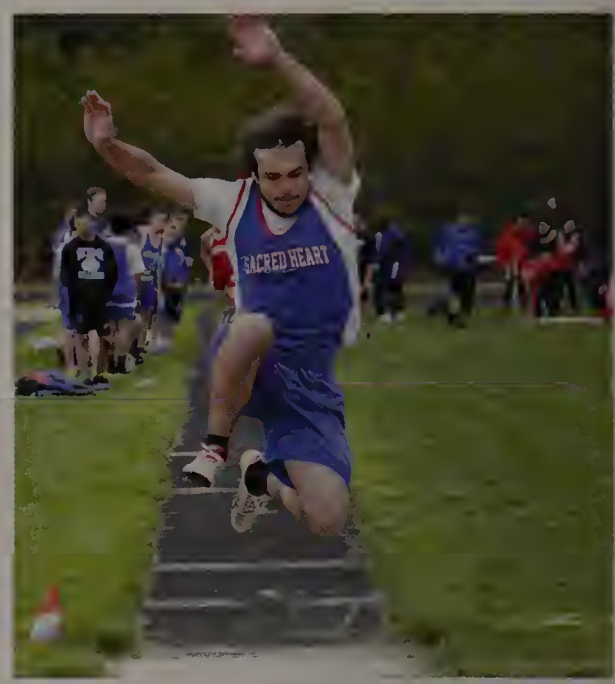
Pamela Desmarais
President

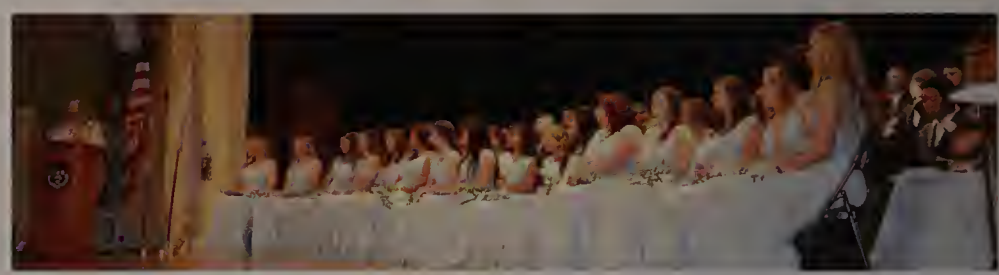
Dr. Michael Gill
Principal

Shaun Morgan
Vice Principal

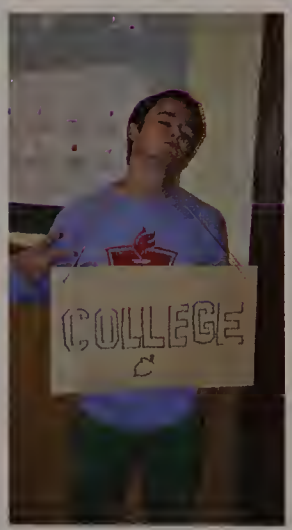
Sr. Alice Marie Lyon
Vice Principal

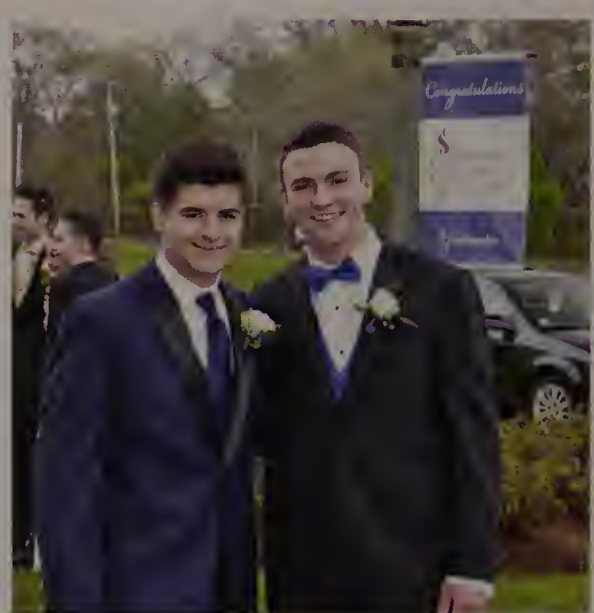
ADMINISTRATION





SENIORS





TOM
DANELIO

MINES
M

Thomas O'Brien Alger

Swim Team 10,swim team captain 10, All-Star 10, 4 event record holder 10, Track Team 10, Peer Ministry 11, Student Ambassador 10-12, National Honor Society 11-12

First and foremost I would like to thank my parents for giving me the opportunity to attend Sacred Heart. my 4 years at SHHS has taught me many things and prepared me for the opportunities ahead. Including a strong academic basis to build my life on and the opportunity to meet students from all around the globe and learn from the many different cultures that are part of the SH community. Also, I am thankful for the opportunity to be the captain of the swim team and lead the team to states for the first time in school history and to be part of the peer ministry program. Lastly, I wish to thank the faculty for preparing me for the future and teaching me many life lessons, which I will carry with me for life.
"Roads diverged in a wood and I - I took the one less traveled by, and that has made all the difference." Robert Frost

Patrick F. Allen

Football 2-3-4, Capt.-4; JV Basketball 2; Varsity Lacrosse 1-2-3-4; National Honor Society 3

First off I'd like to thank my parents and all the sacrifices they've made to get me to where I am today. Thank you for encouraging me to be my best and commit to all that I do. Kelly, thank you for not only being a great sister but also one of my best friends. I'd also like to thank Coach Byrne, for instilling in me the will to fight no matter the odds. Shoutout to Nick and Tom, who have not only been my friends since fourth grade but also my brothers. Not sure how I'd make it through high school without you boys. Lastly, I'd like to thank the teachers and staff at Sacred Heart, who've provided me with all I need to succeed in life. Hard to believe it's already over, but I look forward to what's coming next.

"Roads? Where we're going we don't need...roads"- Doc Brown, Back to the Future

Ana Paula Arredondo-Santos

Cheerleading

"Thank you so much to my parents for giving me many opportunities to become a better person. I will forever be grateful to the Dwyer family for treating me like part of their family. "

Alexa Mary Bitterman

Varsity Volleyball 10-12, Capt. 12; Varsity Cheerleading 9-12; Varsity Softball 10-12; National Honors Society 11-12, V. President 12; Sacred Heart Scholars 9-10; Spanish Honors Society 10-12, V. President 10; SADD 9-12, Officer 11-12; Peer Ministry 11-12; Yearbook 12

Vas happening Class of 2016! I would like to thank everyone who helped me to get where I am today. Mom and Dad, thank you for your endless love and support. You guys are the reason I am who I am and I could not thank you enough. Connor, I am so proud of everything that you have done and I cannot wait to see what the future holds for you. To all my friends, KO, AK, HF, NH, NM, CS, JG, and SP, thank you for everything, I love you guys forever and always. Congrats seniors! We did it!

"One thing about trains: It doesn't matter where they're going. What matters is deciding to get on." –The Polar Express

"Turn your mind off, be in the moment, and just react." –Paul Bitterman

Rachel J. Brown

Student Council 12; Homecoming Queen Nominee 12; SADD Member 9, 10, 11, 12; Powderpuff Football 11; V. Volleyball 11, 12; V. Cheerleading 9, 10, 11, 12; Captain V. Cheerleading 10, 11, 12; V. Cheerleading Competition Team 10; V. Softball 10, 11, 12; J. V. Softball 9; J. V. Volleyball 9, 10; Capt. J. V. Volleyball 10. ; SH Lifer

Attending Sacred Heart has been an amazing experience. I have made a lot of wonderful friends with whom I share tons of great memories. Thank you to all my teachers/coaches for making my high school years enjoyable. Best of luck to all my classmates with your future plans. I wouldn't be who I am today without my biggest supporter, my mom. Thank you for all you do for me but especially thank you for opportunity to attend Sacred Heart. I am looking forward to attending college and seeing what life has in store for me.

Kylie R. Buohl

Theatre 7-12; Student Council 10-12; Heartbeat Writer 12; NHS 9-12; Spanish Honor Society 10-11; Library Aid 8-12; Peer Ministry 11 ; Engineering Club 12

I want to thank my family for always supporting me in whatever I do. Thanks to my friends for keeping me as sane as they could the last couple years. Thanks to the theatre nerds for being my family away from home, and to Dan Sapir for putting up with us through it all. Thanks to Andy Glynn and George Rose for believing in me even when I didn't. And thank you to anyone who ever thought I wouldn't do everything I've done.

"I'm one highfallutin son of a gun!" -Jack Feldman, 'King of New York', Newsies the Musical

Nikolas James Cerrato

Soccer : 11 , 12

I would like to thank my parents for helping me throught my high school carreer. I also would like to thank my coach for all his hard work, with our team.

Dehua Chen

Tennis : 10 , 11 ; Basketbal : 9 -,10 ; Chinese Language Club 12 ; We Are The World Club 10 , 11 , 12 ; Chorus : 10 , 11 , 12 ; National Honor Society 11 , 12 ; AP Calculus ; AP Physics

Many thanks to Gina Basler for great hospitality . Thanks to Mom and Dad for all of the support . Good Luck to my kid brother .

"Stay low , stay quiet , keep it simple , don't expect too much , enjoy what you have." Dean Koontz

Evan P. Coletti

Swim Team : 9 ; Track and Field : 9-12This was also my first year on the Speech Team : 9-11 ; Football : 11

I would like to thank my parents for their relentless support, and to wish my brother, Ian, the best best of luck in improving upon what I have already done, and succeeding wherever I have failed.

Thomas John D'Amelio

Football - 2, 3, 4 Capt. 3, 4; Varsity Hockey – 2, 3, 4

Mom and Dad, thank you for everything you have done for me and for always encouraging me to be the best that I can be. Angela, thank you for being a great sister and role model. Mr. Foresta, thank you for making calculus fun and for not retiring before I graduated. To Nick and Pat, thanks for being my friends since the beginning.

"Stay gold, Pony Boy…Stay gold." Johnny Cade, The Outsiders

Nolan Thomas Dransfield

Baseball - 10th grade
Theatre - 9, 10, 11, 12
I'd like to thank my parents and friends for believing in me and helping me through tough times

"In the end it's ok. If it's not ok , then it's not the end" - unknown

Siming Du

Track : 10 , 10 ; Chorus : 10 , 11 ; National Honor Society ; Art Club : 10 , 11 ; We Are The World : 10 , 11 ; Chinese Language Club : 12

Many thanks to my parents back home and all of my host family and my teachers and classmates for all of the support you have given me . I am really looking forward to attending UCONN .

"Strive not to be a success , but rather to be of value." Albert Einstein

Avery M. Dwyer

Class president - 3 years ; Student Council - 3 years ; Student Ambassador Peer Minister ; Cheerleading - 4 years

Accept every challenge or struggle you may come across as a blessing. Dealing with these challenges will make you a stronger person in the long run. I would like to thank my family and friends for reciprocating the unconditional love I have for them. I would rather love too much than not love at all.

"Wanting to be someone else is a waste of the person you are"
- Kurt Cobain

Hayley Ferraro

Volleyball 7-12, Capt. 12, All Star 11-12; Swimming 8-9; Tennis 8-12, Capt. 9-12, All Star 9-12; SADD 9-12; National Honor Society 11-12;

I want to say thank you for everyone who has been on this high school journey with me. I want to say thank you to my parents for always supporting me in all my decisions and being my number one fans. Also thank you to my sisters, Coley and Lauren, for always being there when I needed you. I don't think I would have made it this far if it wasn't for you guys. Also the girls who have been through everything with me and made my high school experience the best it could possibly be thanks NH, NM, SP, AK, and AB love you girls. Thank you to everyone again and can't wait to see where the world takes us.

"The future depends on what we do in the present" - Mahatma Gandhi

Ian Clement Fillion

Varsity Hockey 8-12
Varsity Hockey Captain 11-12

I'd like to thank my parents for all the support throughout these past four years. I hope one day I will be able to repay you for the things you've done for me. I'd also like to thank my friends for all the laughs and support through out my high school career. Im addition I'd also like to thank coach Tom MacDonald for always motivating me to do my best on and off the ice.

"Life is too short, so love the one you got"- Bradley Nowell

Kevin Gerard Flaherty

Varsity Hockey, 9,10,11,12 ; Varsity Track 11, 12, ; JV Golf, 9, 10
Heart Beat Newspaper Staff, 12 ; Astronomy Club, 11

Thank You
I would like to thank Mom, Dad, as well as my two brothers Joseph and James for everything. I'd also like to thank my teachers, friends, teammates and coaches who have made a big impact during all my years at Sacred Heart. I'm looking forward to the future and I wish the class of 2016 the best of luck.

"Do not go where the path may lead; go instead where there is no path and leave a trail."
Ralph Waldo Emerson

Liam McDougall Flynn

Football 11-12; Hockey 11-12.
Thank you Mom and Dad, for helping me face every challenge that has come our way these past few years. You've always been there for me without fail, to help guide me through everything from minor growing pains to full blown ordeals, regardless of the circumstances. Also, thank you to all the teachers that I had during my time here. I could always tell you were all here for the right reasons, even when I didn't act like I did. A special thanks to all of my football and hockey coaches; I learned a lot of things from being on these teams, all of which will follow me throughout life. I didn't know what to expect, but I'm grateful to have come to this school at the start of 11th grade. I have met and made friends with some great people and characters, and we all had some sort of dynamic that made our friend group more of a family. I'll miss you guys.
"If there's one thing I've learned in life, it's to fight. Fight for what's right. Fight for what you believe in, what's important to you. But most importantly, fight for the ones you love, and never forget to tell anyone how much they mean to you while they're still alive."

Jordan Alyssa Gailes

Varsity Soccer 9, 10, 11, 12; Varsity Cheerleading 9, 10, 11, 12; Varsity Softball 9, 10, 11, 12; SADD 9, 10, 11, 12; Sacred Heart Scholars 10; National Honor Society 11, 12; Spanish Honor Society 11, 12; Newspaper 12; Student Ambassador 11, 12

Thank you Mom and Dad for your endless support, especially throughout these last four years. I am so grateful for everything you have sacrificed to send me to Sacred Heart. I know I don't say it often, but I appreciate all you do for me and for pushing me to be my best. Kelsey, thank you for always, always, being there for me whenever I needed someone to talk to. To my friends AB, AK, SP, NH, NM, HF thank you guys for all the memories we have made together. Carol, you are truly my best friend and a sister to me. I am going to miss talking to you and seeing you every second of every day in college. Thank you Class of 2016 for these amazing years!
"It is never too late to be what you might have been."
-George Elliot

Nicholas John Gallo

Soccer 11-12; Moody's Math Challenge 11-12; Peer tutoring 11-12; National Honors Society 12

Transferring to Sacred Heart as a junior was an immense change in my life and one that I did not take lightly. It was also one of the best changes I could have possibly made. Thank you to my parents for being as supportive as they were throughout the whole process and throughout my entire school career. I would also like to thank everyone at Sacred Heart for being so welcoming as I started a new chapter in my life. Thank you to my soccer coach as well for pushing me every day to be a better leader and a better person.

"but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
-Isaiah 40:31

Colin Joseph Gillis

Varsity Hockey: 9-12 (captain 11,12) ; Varsity baseball: 8-12 (captain 11,12)
Varsity golf: 8-12 (captain 11, 12) ; JV golf: 7 ; Peer Ministry: 10, 11

I would like to thank my Family and friends for their love and their support through out the years of high school. I am going to miss going to school here because I was a lifer here. I am also going to miss the teachers because they helped me be the person I am today.

Quote: "Heroes get remembered ,but legends never die." -Babe Ruth

Brendan James Goldman

Lacrosse 9-12 ; Basketball 9, 10, 12 ;Golf 11 ; SADD 9-10
Peer Ministry 11

Mom and Dad, thank you for supporting me through my high school career. I know most of the time I didn't make it easy for you, but you never gave up on me or my school work. Dan, without you I would not have been able to make the easy transition into Sacred Heart the way I did. Mike and Kelly, thank you for being two role models and mentors when I needed it most. Lastly, I would not have been able to get through high school without my friends their every step of the way, pushing me to do better and to achieve more.

"Education is important, but goin' fishin' is importanter."
- Earl Dibbles Jr.

William Hunter Gregson

Football 10-12, Capt. 10-12; Moody's Mega Math Challenge 11-12, Capt.11; Class Treasurer 9-11; Exec Board Treasurer 12; National Honors Society 11-12; SH Scholars 9-10.
Thank you to my Dad for giving me this great opportunity. Thank you to my Mom for helping me through high school and especially two injuries. I know high school didn't go exactly as planned but your support has helped me transition into adulthood. I want to express my sincere gratitude to Mr. Foresta for helping me to succeed even through all the challenges calculus presented. Also, I want to thank my Football coach T.J. Byrne for coming to this school and giving me the most transforming experience of my life thus far. Mr. Foresta and coach Byrne have been the most formative teachers in these years. I am so grateful for the challenges and compassion they have showed me. Last but certainly not least I am so fortunate to have a friend like Victoria to support me and help me through these last four years.

"And you have patient endurance for the sake of my name, and you have not fallen away."-Revelations 2:3

Christopher Gren

SH Gym Class Pacer Champion. Cross Country 9-12, Capt 10-12. Track and Field 9-12, Capt 11-12. Roots & Shoots 10-12. Student Council 10-12, VP 12. National Honors Society 11-12, President 12. SADD 11-12. Games Club 10-12, President 10-12

Thank you to my family for giving me everything to go here and staying by my side. Thank you to my countless friends here for the unforgettable experience. Thank you George Rose and Katy Holt for helping me go above and beyond. Thank you James Taylor and Netflix.

"Shower the people with love" -James Taylor

Jacob Hallam

Varsity Lacrosse 10.12

I'd like to thank my friends, family and most importantly my parents for everything they've done for me.

"If you prepare for war you never lose" - Mark 'The King' Connolly
"That's the way she goes" - Ray

Michael J. Haskell

Football, 10-12

Thank you to my Mom and Dad, I would not be here with out you. Thank you to my teachers for helping me become the person I am today. Thank you to my coaches for helping me with lessons both on and off the field. Lastly, thank you to my class mates for the four years worth of memories that I will carry on with me through my life.

Natalie Jean Hines

Dressage 9-12; SADD 10-12; Roots and Shoots 10-12; Cheerleading 11; NHS 11-12; SH Student Ambassador 10-12; SH Scholars 10; Spanish Honor Society 10-11;

Mom and dad, I cannot thank you enough for all the opportunities, wisdom, and unconditional love you have given to me. Thank you for giving me one of the greatest gifts of all: please take care of and love her for me. Thank you for teaching me to live every day in the moment, for it could be our last. Thank you for teaching me acceptance and love, not only for others, but for myself. Garrett, thanks for always making me laugh, no matter what. I encourage you to work hard, be kind to everyone, and do not be afraid to try something new. Don't be discouraged if you fall down, you simply get back up and try again. To my best friends, HF, SP, and NM, thank you for all the memories, laughter, and good times together. I love you to the moon and back. Good luck to the class of 2016, we finally made it!

David Robert Lee Jennings

Soccer 10-12, Track 11, Spanish Honor Society 10-12, Student Class Vice President 11-12, National Honor Society 11-12

I'd like to thank my parents for everything they've done for me, I wouldn't even be here at Sacred Heart without them. I also want to thank my teachers for doing their best to prepare me for life outside of high school. Finally, I thank my classmates for making my high school experience awesome and my friends for putting up with me.

Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity. - Henry van Dyke

Matthew Van Johnson

Cross Country 11-12, Capt. 12, Soccer 9-10, National Honor Society 11-12, National Junior Honor Society 9-10, Newspaper 12, Speech and Debate Team 9-12, Capt. 12.

Thank you to all my teachers and friends for helping me through these years. Thank you to my family for always supporting me in whatever I chose to pursue. I will miss these years as they have probably been the easiest in my life with everyone around helping me through them.

Quote: "So I can write anything here and it just shows up in the yearbook?"

Taylor Kaufman

Technical Theatre- 1, 2, 3, 4. Stage Manager- 3, 4. Peer Ministry- 3, 4. Editor-in-Chief- 4.

Thank you to all my family and friends. If it wasn't for all of you, I would not be the person I am today.

"If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything." -Ernest Hemingway

Donovan Thomas Kazmouski

Many thanks to family , friends , and people at Sacred Heart

Ailish M. Kelleher

Dance 8-12; Sadd 9-12; Student Class Secretary 10; Scholars 9-10; Student Ambassador 11-12; Spanish Honor society 10-11; National Honor Society 11-12; Peer Ministry 11-12.

I would first like to say thank you to my parents for always being there for me and for always being so loving and supportive! I could never have gotten through these past few years without you guys. Also thank you to my brother Kieran, you are an amazing role model to me and I am so proud of all your accomplishments. I would also like to thank all of my amazing friends I have meet at Sacred Heart: C.S, J.G, N.H, N.M, H.F, S.P. and especially Alexa! Thank you for always being there for me and making these past four years ones to remember.

"It's the oldest story in the world. One day your seventeen and planning for someday, and then quietly, without you ever really noticing, someday is today, and that someday is yesterday and this is your life."

Michael Mina Khalil

Chess - 10,11,12; Football-10; Basketball-9; Lit Mag. - 10; National Honor Society – 11, 12, Treasurer 12; Sacred Heart Scholars - 9, 10; Student Council 12, Treasurer

I'd thank the Magnanimous Deacon Abram for all the effort he puts into making my life awesome, and for having an awesome beard. Thanks to Mark Khalil, you've been a real bro. Thanks to my Mom, my room would never have seen a clean day without you. Thanks to the my friends in the Wolfpack and the IT Crowd for always being able to share a laugh. Thanks to Mr. Foresta for the incessant jokes in Math class and to Mr. Glynn for making Physics an... interesting class. And to all my teachers and friends who made school an exciting time.

"Purely from observation, Mike Khalil is the coolest kid in Sacred Heart" - liamflynn97

Rose Marie Klein

Cheerleading 11-12; Volleyball 10; Class Secretary 11-12; National Honors Society 11-12; Sacred Heart Scholars 10; Eucharistic Minister 11-12; Peer Minister 11-12

I would like to thank my mother and father, Mary Beth and David Klein for sending me to Sacred Heart and supporting me throughout my life. Everything they have done for me has shaped me to be the person I am today, and I couldn't be anymore thankful to them. I also want to thank my friends Victoria Manning, Kira Pyne, and Katie O'Neil. You guys have been my best friends for most of high school and I couldn't have made it through high school without you. Finally I would like to thank all the teachers at Sacred Heart for helping me achieve all that I have done.

"Not all of us can do great things. But we can do small things with great love." –Mother Teresa

Samantha Lauren Knox

Volleyball : 7 - 12 ; Cheerleading : 7 - 10 ; Lacrosse : 10 , 11

Thanks to my mom and dad for helping me get through high school every day . Grace and Lauren I love you so much .

"It all gets better once it's over , trust me."

Adam J. Koropey

SADD 2013-2016 | Student Council 2014-2016 | Student Council Social Media Advisor 2015-2016 | Eagle Scout 2015

Sacred Heart has been a great school and I will never forget it. I would like to thank my family, the Boy Scouts of America, and my school. These communities have helped me progress from birth to where I am today and, from this point forward, will help me progress in my life advancing from one stage to another. As a community, each and every one of you will make a difference in someone's life. Step up to the plate and "do a good turn daily" Don't sit around playing on your phone but, change the world for the welfare of others.

"Work smart and hard" Mike Rowe@ the 2013 Boy Scout National Jamboree

Jooho Lee

Many thanks to family , friends , and people at Sacred Heart .

Matthew Sean MacDonald

Varsity Lacrosse 9-12

I would like to thank my friends for always being there for me, my family for always encouraging me, and everyone here at Sacred Heart for providing me with an excellent learning environment. It's been a great twelve years here and I'm grateful for all the experiences I am leaving with.

"Life is like riding a bicycle. To keep your balance you must keep moving." - Albert Einstein
"One step at a time, one punch at a time, one round at a time." - Rocky Balboa

Noelle Marie MacDonald

Varsity Cheerleading 9-12; Sacred Heart Scholars 9-10; National Honor Society 11-12; Spanish Honor Society 10-11; SADD 9-12

Thank you to all my amazing family, friends, and teachers that have helped me through these last four years. Mom and Dad, thanks for being my biggest supporters and giving me everything I needed to thrive. Aidan, thank you for being my best friend since birth. I love you and I honestly couldn't have done it without you. HF, SP, NH, AB, and AK, I love you more than you know and I couldn't have asked for a better friend group through my four years of high school. You guys have brought me more laughs and memories than I could've ever imagined and you truly have made my high school years worth while. Class of 2016, we did it! I cannot wait to see what the future holds for us!

"Even in the dark you can still see the light." -Matt Maher

Brendan Scott MacNeil

Roots and shoots ; SADD ; V hockey 9,10,11,12 ; V lacrosse 9
XC 11,12

Thank you to my parents, friends, teachers and everyone who added to the park and ride experience.

"When I was young I wanted to build a ship and sail around the world because it's round, yo." -Bradley Nowell

Victoria Manning

National Honor Society 11-12, Secretary 12; Sacred Heart Scholars 10

Dear Mom and Dad, I am so thankful for every opportunity you provide for me and for every moment you stand by my side. I would not be the person I am today without your continued love, support, and encouragement. I love you. To my best friends Rose, Kira, and Katie, thank you so much for always brightening my day with joy and compassion. To Will, thank you for always filling my days with laughter and for standing by my side. To the teachers of Sacred Heart, thank you for every lesson you have taught that has shaped the person I am today. To the class of 2016, thank you for the past four years and all the memories we have created. I wish you the best of luck with each of your future endeavors.

"Why are you stingy with yourselves? Why are you holding back? What are you saving for —for another time? There are no other times. There is only now. Right now."
George Balanchin

Charles Dmitriy Mara

Matthew's Kitchen 9-12; History Club 9-12; Community Service 9-12; Art Club 11-12; Astronomy Club 11-12; 5 Community Service Awards; Eagle Scout
I would like to give a special thanks to my parents and sister. Your continued support and encouragement throughout my life will be something I will carry forever. I am forever grateful for all you have given me, and with your support I will continue to achieve my goals. Thank you for everything, I love you. To my teachers, from kindergarten through senior year, thank you for providing me with an education to be proud of. I also want to thank all the faculty and staff who work behind the scenes to make this school run properly. To my friends, thanks for all the laughs, and the best of luck in everything you do. Congratulations, Class of 2016!

"No one can pass through life, any more than he can pass through a bit of country, without leaving tracks behind, and those tracks may often be helpful to those coming after him in finding their way."
~ Sir Robert Baden-Powell

Lauren Michelle Melchionda

Varsity Volleyball 8-12, Capt. 11,12, All Star 10-12 ; Varsity Basketball 8-12, Capt. 12, All Star 9-12 ; Varsity Softball 8-12, Capt. 11-12, All Star 10-12 ; SADD 9-11 ; French Honor Society 8-10 ; Peer Ministry 11

I would like to thank both my Mom and my Dad for helping me through everything. They have always been there for me and have been my biggest supporters all through elementary school, middle school and high school. I am so lucky to have parents who love and care for me so much. Thank you to Marissa for giving me the best advice for my high school years. Kaitlyn, I can't thank you enough for always being there for me. You are my best friend and I wouldn't have made it through high school without you. Also, a huge thank you to all of my coaches and teachers throughout all of the years that I've spent here at Sacred Heart. Thank you to everyone.
"Most importantly, keep smiling, because life is a beautiful thing, and there's so much to smile about' – Cara Delevingn

Carson Sarah Murphy

I can honestly say my move to Sacred Heart as a new freshman was an amazing life changing experience, I would like to thank both of my parents for giving me this privilege to get a better education. I would also like to recognize my favorite teacher Mrs. Dick whom gave me patience to learn as well as the reason that inspired me to become an editor of the Heart Beat Newspaper.

"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default." J.K. Rowling.

Shai Marie Myers

"See kids, I told you your mom was hot in high school."

Thanks to my parents, grandparents, Alexa, and Toni for making me laugh everyday. Grampa I miss you so much and I know your kinda proud of me!

Thanks to the Steele Man for getting me into college and Murph for listening to my unimportant problems

I gladly accept the award for Most Tardies Ever in Sacred Heart history, 176 to be exact.

For my beloved cousins Erin and Amelia.... You won't make it here without me.

Make America Great

Benjamin Jerrold Novak

"Speech and Debate 9-12, captain 11-12; Student Council 9-12, eBoard 10-12, President 12; Varsity Cross Country 9-12, Captain 11-12; Varsity Track 8-12, Captain 11-12; Theater 10; Sacred Heart Scholars 9-10; National Honor Society 11-12

I owe an enormous thanks to my parents without whom I would not be nearly as happy or well fed. I owe you more than I could ever fully articulate or repay. Special shout out to my brother for always bringing laughter into my life. Thank you to all my friends from Sacred Heart for helping to support me and shape me into the person I am today. Finally a thank you to all the teachers, administrators, and various other adults at Sacred Heart I have had the great pleasure to work with over the course of my years. Each person I have met along the way has left an great impact on me and I can only hope I've done the same.

You are not required to complete the task, yet you are not free to withdraw from it.
-Pirke Avot 2:21

Stephen Thomas Novick

Baseball : 9 - 12

Thank you to my friends and family that supported me through high school. On to bigger and better things.

"Who did he tell you that to?" -Mr. Boyles

Katherine Ann O'Neil

V Softball 9-12; NHS 11-12; Honor Choir 8-12; Drama 7-12; SH Student Ambassador 9-12; SADD 9-10; Peer Ministry 12; Newspaper 12
I would like to thank everyone who helped me become the person I am today. Mom, thank you for always being there for me and supporting me. Erin, you are the strongest person I know, and the best role model I could ever ask for. Dad, I wish you could be here to see what I have accomplished, I miss you. Nana and Papa, thank you for everything you've done for me. A.B., K.P., D.R.L.J, C.G., B.N., R.K., V.M., K.B., C.J.G., N.G., and T.E.F, thank you for making my 13 years here at Sacred Heart memorable, you all mean so much to me. To the Bittermans, thank you for being my second family, you rock. A big thanks to my teachers and coaches who have helped me become who I am today. To the class of 2016, Congratulations! We made it! Cute as a button, every single one of you.
"I think the thing to do is enjoy the ride while you're on it." -Johnny Depp
"Saddle up, you're burning daylight." -John Wayne
"Life is like a musical; you never know when you will burst into song" -Uncle Mike

Brendan Gerard O'Shea

Varsity Hockey 12

I would like to thank my parents for sticking with me for this roller coaster event in my life. Thank you for attending my games, making sure what was best for me and making me who I am today. To all my friends from Dorchester and high school I hope we stay in touch over the years because we had a great time and I wish you guys the best of luck.

High School has taught me 6 things:
Friendship ; Unity ; Challenge ; Knowledge ; Independence
Trustworthy

Shannon Kathleen Padgett

JV Volleyball 9-10; Cheerleading 9-12; Lacrosse 9-12; Sacred Heart Scholars 9-10; National Honors Society 11-12; Spanish Honors Society 10-12; Student Ambassador 9-12; SADD 9-12; We Are The World Club 9-12; Roots and Shoots Club 10-12; Newspaper 12
It has been a crazy 7 years. I love and miss you Poppop! Thank you for sending me to SH, I hope I made you proud! Most of all, I thank Big Mama, Papa, Gini, Butter, Tubba, Billy, and Pony! Your support and love has pushed me to always strive for the best.To my B's: I love you guys and value the memories we have made! To Amelia: I'm so happy we met and couldn't imagine life without you! To my foreigners: You have all changed my life! Always remember: Fried shrimp, "Hi Kelly", Paris, "Not important", "Going down", Sprang Break, Pablo 3x, Amelia's 17th, & "Just call her Nancy Drew"...Love always & Peace forever!!!!!
"You think the only people who are people are the people who look and think like you, But if you walk the footsteps of a stranger you'll learn things you never knew, you never knew" -Pocahontas

Daragh C. Perry

Hockey, Soccer and Baseball

I would like to thank everybody that has helped me succeed throughout high school, specifically all of my coaches, teachers and friends. Also I would like to thank my parents and grandparents, without them I would not have been able to come to Sacred Heart. Although my time at sacred heart was short I am glad I came. I have made a lot of good friends and enjoyed experiences that I will remember for life.

"You miss 100% of the shots you don't take" - Wayne Gretzky

Kira Reynolds Pyne

Drama 9-12; Cheerleading 9-12; Track 9-12, Captain 12; Speech 10-12; Sacred Heart Scholars 9-10; Spanish National Honor Society 10-12; National Honor Society 11-12; Peer Ministry 12; Newspaper 12.

These past four years have flown by and I can't have imagined spending them with better people. Thank you to my best friends, K.O., R.K., and V.M., for getting me through every single day; I couldn't have done it without you. Thank you to my teachers, for believing in me every step of the way. Most importantly, thank you to my mom for sending me to this school and supporting me through every failure and every triumph. And lastly, thank you to everyone who constantly wished me happy birthday when it was never my birthday.

"A smooth sea never made a skillful sailor" –English Proverb

"Never put off until tomorrow what you can do the day after tomorrow." –Mark Twain

John Joseph Quinn

Hockey : Captain 10 , 11 , 12 ; All Scholastic : 11 , 12 : League All Star 11 , 12 ; Lacrosse : 11 , 12 ; Soccer 11

Thanks to all my coaches especially Tom Macdonald for all the help on and off the ice with life help and improving my hockey skills and life skills

Caroline Joan Sheen

Varsity Soccer- 9, 10, 11, 12, Capt. 4; Varsity Basketball- 1, 2, 3, 4, Capt. 4; Varsity Tennis- 2, 3, 4; SADD- 1, 2, 3, 4, Officer 3, 4; Student Ambassador- 2, 3, 4; Peer Minister- 3, 4; Yearbook Editor- 3, 4; Newspaper- 4; Sacred Heart Scholars- 1, 2; National Honor Society- 3, 4; Spanish National Honor Society- 2, 3, 4.

I would like to thank all my teachers for the support they have given me. I would also like to thank all my classmates and all my teammates. You guys have given me memories I'll never forget. Also, a big thank you to my mom and my dad who have always supported me. A special thank you to my sister Carlie who I've become so close with, I'm gonna miss not seeing your face everyday. Thank you to my friends JG, AB, LM, wouldn't have been able to survive high school without you. Congratulations everyone! Dream big kiddos.

"The human world...it's a mess" -Sebastian, The Little Merm

Brendan Vincent Patrick Sullivan

Varsity Basketball : 11 , 12 : Captain 11 , 12 : League All Star : 11 , 12 : All Scholastic : 11 , 12 ; Intramural soccer 12

I would like to thank my parents for always supporting me and making me the athlete, student, and person I am today. Without them I wouldn't be half as successful as I am today. I would also like to thank all my great friends who have made high school a fun time.

"That's the way she goes" - Ray
"I get buckets" - Uncle Drew

Guo Tian

Track : 10 , 11 ; We Are The World Club : 10 , 11 , 12 ; Art Club : 10 , 11 , 12 ; Chinese Language Club : 12 ; Chinese Chess Club : 12

"Live well , love lots , and laugh often."

"An apple a day keeps the doctor away!"

Junchen Wang

Basketball : 11 ; We Are The World Club : 10 , 11 , 12 ; Chorus : 11

Time flies. It's almost the end of my H.S. career. During the past 3 years I have grown up and improved. Because of these experiences I am the person I am today. I am thankful to my parents who let me make this extraordinary choice to attend S.H. I would also like to thank Mrs. Dick, who helped me improve my English skills. She treated me like her own child. She is my favorite teacher. I would like to thank my best friends: Kevin Lee, Brendan MacNeil, Kevin Flaherty, Matt MacDonald, Adrian Wong, Jack Zhang, Daniel Chen, Jenny Du, Lucy Ye, Donny Yan, Zhe Wang, And all who helped me improve myself. I am so glad to be part of Sacred Heart ! I will never forget these special memories ! I am looking forward to college and my future.

"Inner peace begins the moment you choose not to allow another person or event to control your emotions." Pema Chodron

Nicholas Patrick Weir

Football 10-12, Capt 11-12, Basketball 10 , 12 : Captain 12 ; Baseball 8-12, Capt. 11-12

I would like to thank my parents for everything they have done for me in life. Thank you for always pushing me to do my very best and giving me opportunities in life to succeed. I wouldn't be where I am today without you guys. Also, I would like to thank my two best friends Tom and Pat. These two have become a big part of my life and they made high school an enjoyable time. Without them I don't know how I would get through each day of school. Wouldn't want to go through high school with anyone else.

"Blessed be the Lord my strength, which teaches my hands to the war, and my fingers to fight." -Private Jackson, Saving Private Ryan

Jordan West

Students Against Destructive Decisions 9-12; Student Council 11-12; Intermediate School Golf Team 7-8.

Thank you very much to my mom and my cousin. They have supported me throughout the six years that I have spent at Sacred Heart. They were the ones who encouraged me to succeed even when I desperately wanted to give up on anything relating to academics. I would not be able to see such a bright future ahead of me without all of my hard-working teachers who taught me the skills I will need to succeed in college and beyond. I will never forget the wonderful high school experiences that I've had with my friends and teachers by my side every step of the way.

"It's not about the years in the life, but the life in the years."
-Laura Linney

Adrian K. Wong

Track : 7 , 8 , 10 , 11 , 12 ; Cross Country : 9 , 10 , 11

I would like to thank my family, friends, and teachers for helping me get to where I am today. It was a rough ride through high school, but I managed to make it.

Lu Ye

I am a normal student in Sacred Heart. I only have two eyes, two arms, two legs, one head and etc all the normal people have. All the class I took, other students have took or will take them, too. We dressed in same uniforms and looked just like each other.

However, I am a special student in Sacred Heart, too. I am an exchange student from China. Nobody can do the exact same that I have done. Thanks to all the teachers and students in Sacred Heart, it doesn't matter have you ever taught me or had you ever be in same class with me. My high school experience was complete by every of you.

At last, here is a sentence I really like. Being nice to someone you dislike doesn't mean you're a fake. It means you're mature enough to tolerate your dislike towards them.

Yiyun Zhang

Football : 10 , 11 ; Track : 9 , 10 , 11 ; National Honor Society : 12 ; Chorus : 11 , 12 , District : 12 ; We Are The World Club : 9 , 10 , 11 , 12 ; Chinese Language Club : 12

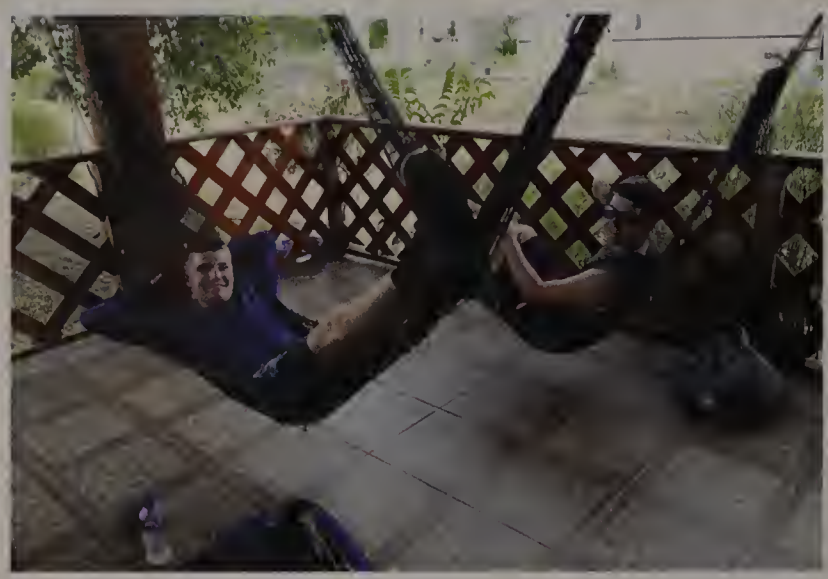
Many thanks to Mrs. D and Mr. Forresta

"Why did the Soviet Union disintegrate? Why did the Soviet Communist Party collapse? An important reason was that their ideals and beliefs had been shaken." Xi Jinping

AUTOGRAPHS

NEOC

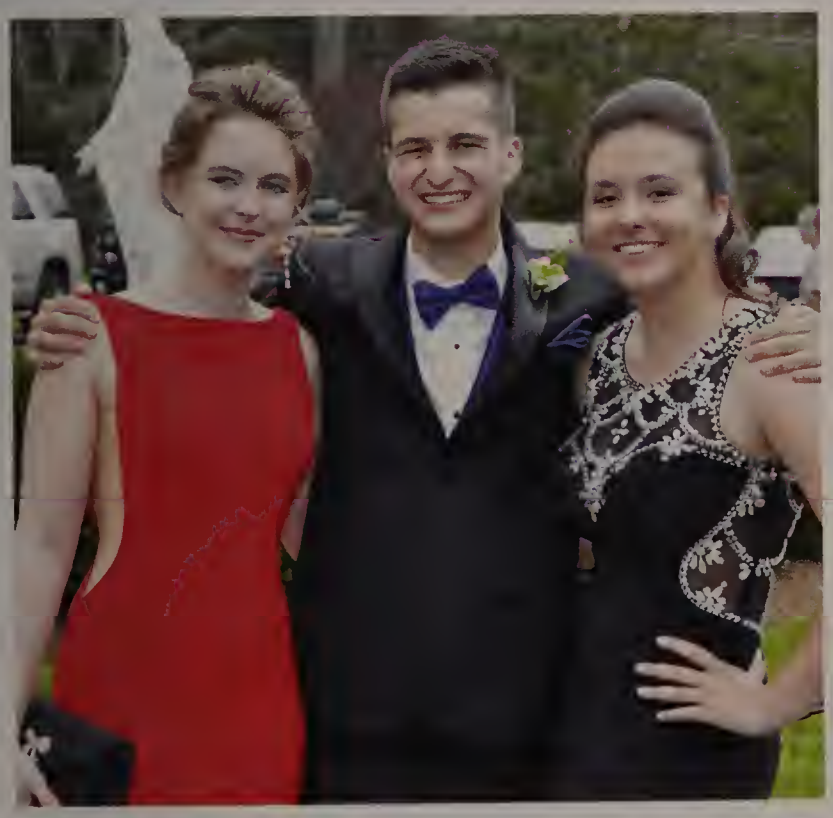
NEW ENGLAND

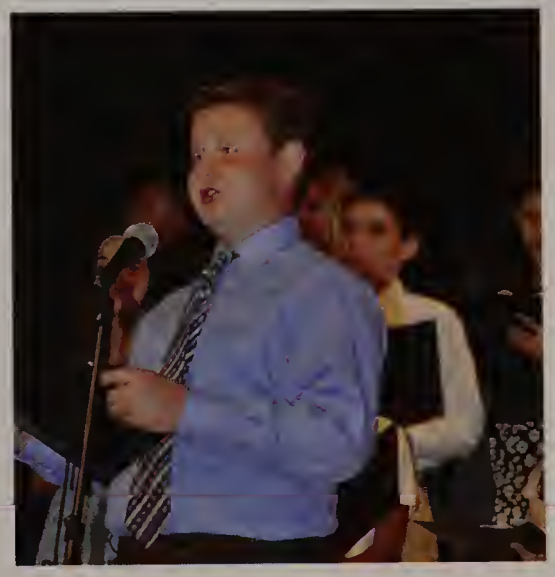


UNDERCLASS GRADES

CSW

SHIELD





IRED HEAR
OLLEYBALL

Amelia Beaton
Liam Bresnehan
Emily Brouillard
Erin Carberry
Tori Castanha
Anguo Chen

Kaiqi Cheng
Jonathan Clifford
Kyle Coleman
Derek Cronin
Emma Cubellis
Olivia Dibiase

Cullen Dickhaut
Matthew Dunn
Zoe Emme
Steven Fehrm
Matthew Finn
Tyler Foley

Julia Fratus
Trent Garzoni
Benjamin Giglio
Cale Graham
Erin Hallam
Elizabeth Hokanson

Gregory Hokanson
Richard Kamp
Augustus Kapple
Rachel Kelliher
Angela Laessig
Bridget Leblanc

Yuxing Liu
Neil Lodi
Sebastian Macmillian
Jack Meyer
Andrew Mason
Bryce Molloy

JUNIORS

Joy Moriarty
John Murray
James O'Brien
Yanni Pappas
Bailey Parks
Joseph Pasquale

Cormac Perry
Nathan Porelle
Jacklyn Rouse
Stephanie Rouse
Nicholas Samia
Timothy Scully

Loren Simpson
Vance Spencer
Caitlin Sullivan
Joseph Sullivan
Jake Tibbetts
Joshua Towner

Josephine Tracy
Kory Turner
Rafael Uribe
Michael Walsh
Zhe Wang
Melinda White

Mingwei Xie
Dongge Yan
Wen Zeng
Chenming Zhang

CLASS OF 2017

Hannah Andrade
Samantha Baston
Peter Beuttel
Jillian Blake
Cody Boyington
Lilyrose Bracken

Caitlin Brown
Christopher Brown
Brian Buckley
Mia Camelio
Peter Carchidi
Reagan Cavanaugh

Mary Chapin
Ian Coletti
Olivia Colombo
Shane Comeau
Rose Crossman
John Crowley

Maggie Dakin
Owen Degust
Miaomiao Ding
Sean Doiron
Maguire Duggan
Nicholas Fantasia

Sean Flaherty
Benjamin Gallo
Teaghan Gokey
Conor Greeley
Yuzhu Guan
Zhongshan Gui

Feiyou Guo
Yifan Guo
Julia Jennings
Emily Johnson
Haoming Jiang
Grace Kidd

SOPHOMORES

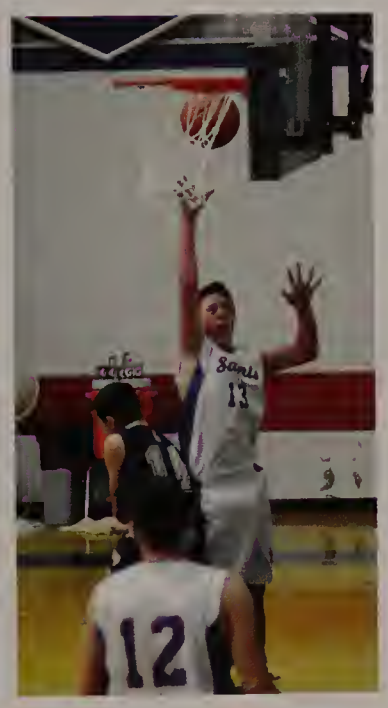
Kristen Kline
Xinyi Kong
Amanda Latini
Aidan Macdonald
Maggie Dakin
Fatima Martin Sanchez

Joshua McCafferty
Kaitlyn Melchionda
Noah Molino
Elena Murphy
Tyler Potrykus
Caitlin Prario

Samuel Presutti
Peter Reardon
Taylor Ruscansky
Antonya Santos
Olivia Sivieri
Cameron Stevens

Rachel Struski
Zoe Volney
William Walsh
Junjin Wang
Ran Wang
Zheyi Wang

Yueyang Zhang



CLASS OF 2018

Julia Abraham
Leandra Anthony
Alexandra Baston
Brandon Botelho
Caitlyn Carberry
Luke Carey

Brandon Carroll
Killian Coleman
Brendan Conant
Emma Cunningham
Nicholas Eaton
Jake Egan

Emily Finn
Baiming Hao
Savannah-Leigh Hellige
Jordan Hurley
John Husband
Spencer Irving

Emma Keane
Mary Kelley
Daniel Kelliher
Madeline Kilpeck
Ryan Larsen
Matthew Leary

Ryan Leonard
Elizabeth Linsdell
Melissa Linsdell
Christine Mason
Alexandra McGuire
Kassandra McGuire

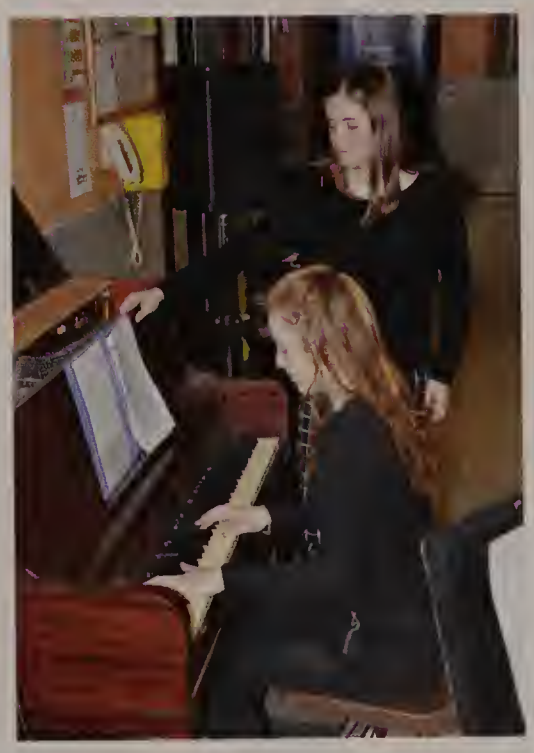
FRESHMEN

Pengkun Miao
Abigail Morse
Thomas Mortimer
Emma Nee
Gemma Prescott
Mark Ross

Kelsey Scott
Carlie Sheen
Gabrielle Shevalier
Daniel Sinclair
Abigail Slavik
Camden Stoloski

Quinlan Sullivan
Reilly Sweeney
Zachary Towner
Ryan Veitkus
Fujun Wang
Haley Whittaker

Brett Williams
Wentongyu Ye



CLASS OF 2019

Maxwell Allen
Benjamin Andrade
Hannah Boyd
Sophia Capone
Crystal Chojnowski
Zachary Crossman

Mary Katherine D'Arcy
Alexandra Delaiarro
Anabella Driscoll
Jenna Ellis
Kevin Fehrm
Colby Flanders

Molly Friday
Jacob Garrett
Gwendolyn Hallam
Jessica Hinds
Scott Hokanson
Michael Hurm

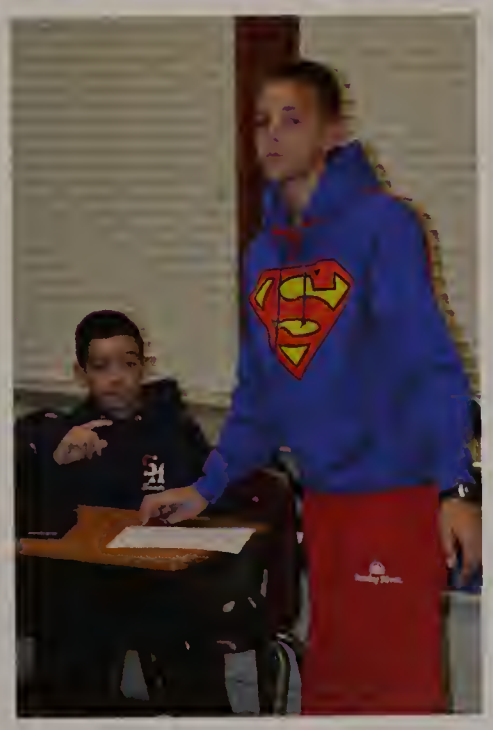
William Kelly
Joseph Krochko
Ashley Langan
Maddison Larsen-Molina
Samantha Latini
Lily Lonergan

Bryan Maciag
William Mayo
Scout McBride
Joshua Milso
Elizabeth Merrick
Lily Morrison

EIGHTH GRADE

Ariana Murphy
Tyler Murphy
Aiden O'Connor
Heli Parekh
Ethan Secakusuma
Sarah Sleeper

Jack Smerczynski
Paulina Spacek
Kayla Turner



CLASS OF 2020

Katherine Allen
Emma Banden
Gavin Belliveau
John Bunn
Molly Carey
Payton Cavanaugh

Marissa Cennami
Audrey Churchill
Kieran Coleman
Mark Comeau Jr.
Isabel Corradini
Catherine Dousa

Nathan Eldredge
Jack Erickson
David Evers
Cheyenne Frazier
Rowan Gokey
Emma Graziano

Claire Hallisey
Lauren Hanna
Elizabeth Healy
Andrew Hokanson
Landon Howell
James Kelleher

Maeve Kelleher
Ethan Kelliher
Olivia Kennedy
Caileigh Koylion
Christian Koylion
Blake Lagrassa

Shannon Malone
Marisa Mattie
Connor Meikle
Kiley Murphy
Cassie Murphy
Rachel Murphy

SEVENTH GRADE

Jackson Myers
Sienna Ng
Sullivan Padgett
John Pelrine
Giancarlo Pires
Emily Porelle

Kyla Quelle
John Reiber
Zachary Rouse
Avery Schaub
Iris Secakusuma
Rose Segadelli

Kylee Slavik
Shawn Tracy
Benjamin Trovato
Abigail Veitkus
Evan Viola
Nathan Viscariello

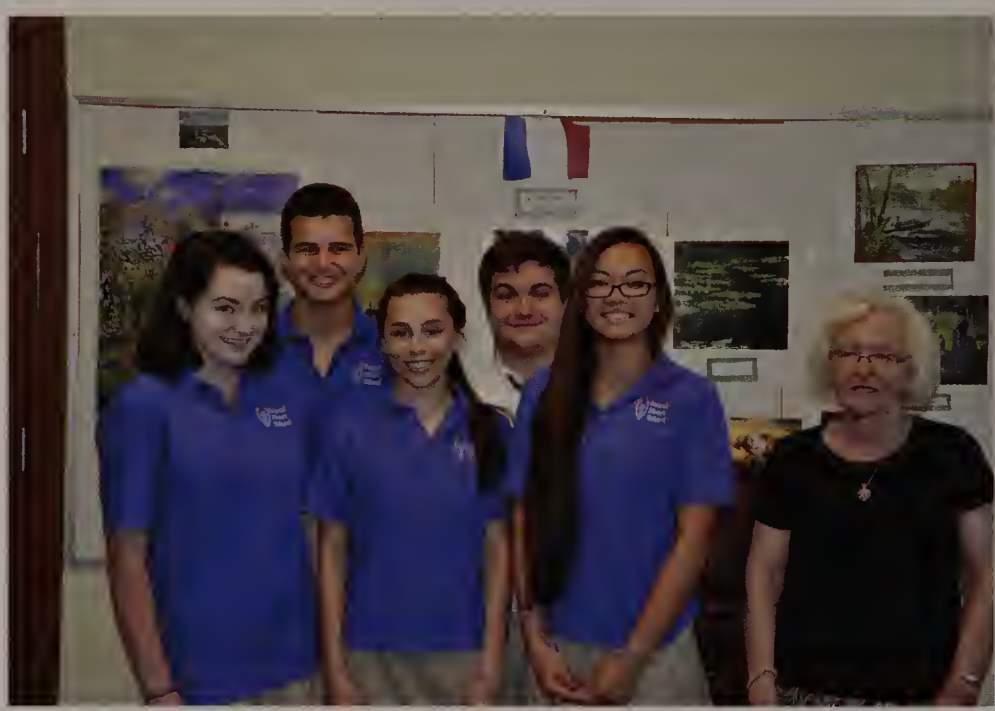
Noah Volney
John Webster Iii
Reese Welling
Shannon Whittaker
Sydney Whittaker
Brenna Wilson

Avery Wong

CLASS OF 2021

Spanish Honor Society

National Honor Society



Above : French Honor Society

L to R: H. Andrade, Y. Pappas, K. Melchionda, J. Clifford, J. Moriarty
Moderator: C. Davis

Above : Engineering Club

J. Towner, D. Kelliher, O. Columbo, K. Buohl

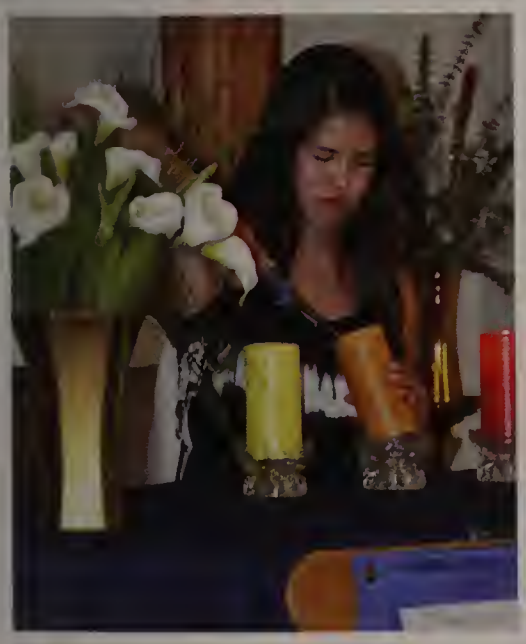
Right : Tech Crew

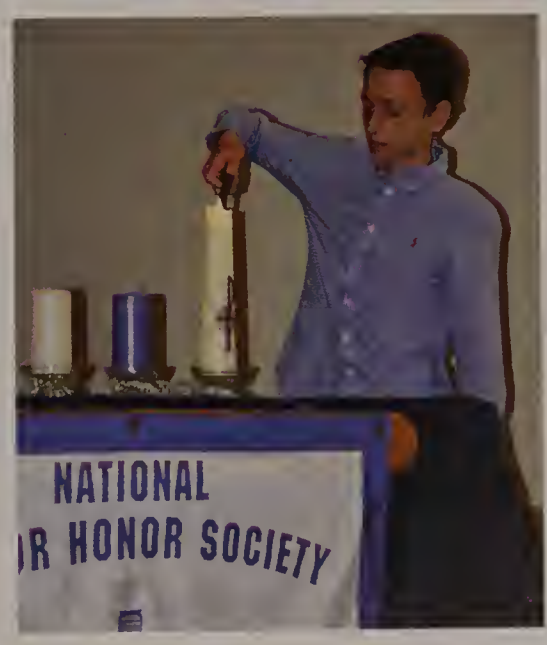
Moderator D. Terkelson, A. Morse, J. Towner, R. Veitkus

Academic Groups

National Junior Honor Society

Front : S. Whittaker, A. Vietkus, S. Whittaker, A. Churchill, Z. Rouse, J. Bunn, E. Healy, A. Langan
Middle : P. Cavanaugh, K. Allen, B. Trovato, A. Schaub, O. Kennedy, E. Banden, E. Graziano, I. Coridini, S. Malone
Back : K. Murphy, C. Dousa, A. Murphy, B. Andrade, A. Driscoll J. Garrett, Colby, R. Segadelli, J. Smerczinski, C. Frazier, Moderator N. Swanson, R. Welling





Above : Editor-in-Chief C. Sheen

Corric

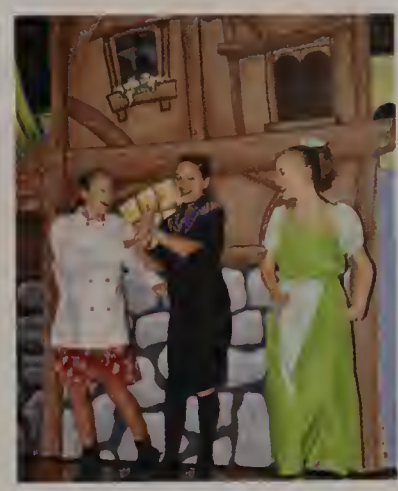
Staff

Right : Front : Y. Pappas, E. Cubellis, J. Moriarty

Back : H. Ferraro, N. MacDonald, A. Bitterman, N. Hines

Below : SADD

Service Groups



Speech , Debate , & Theater

Front : L. Hanna, J. Towner, O. Columbo, K. Buohl, K. Pyne, K. O'Neil, J. Tibbetts, H. Andrade, M. White, M. Kelly, T. Kaufman, K. Turner
Middle : Moderator D. Sapir, S. Whitaker, S. Malone, E. Graziano, P. Cavanaugh, A. Schaub, W. Mayo, B. Novak, K. Turner, M. Johnson
Back : Z. Gui , D. Evers, J. Garrett, F. Martin Sanchez , C. Brown , Z. Volney

I.S. Roots & Shoots

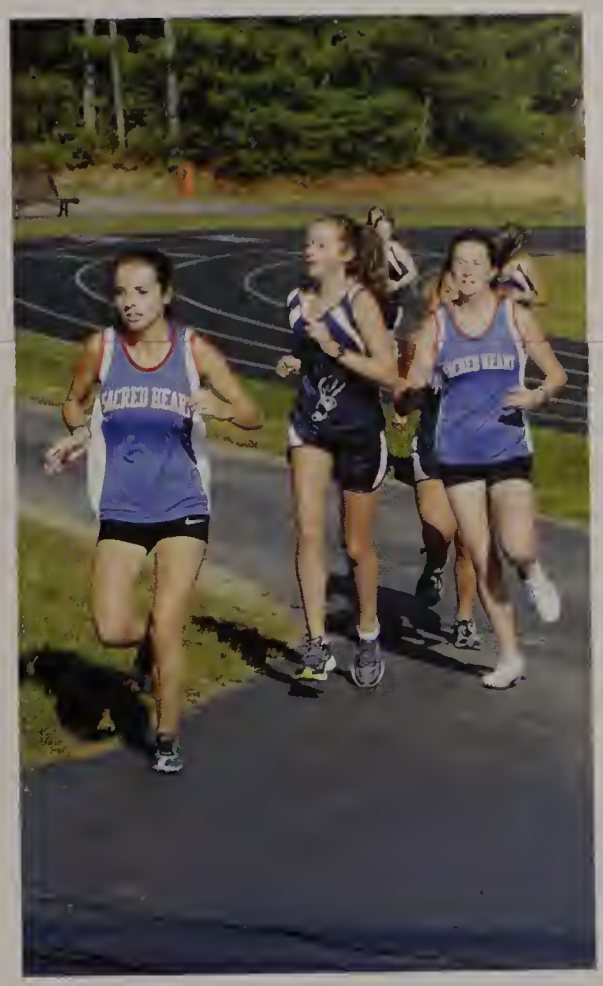
Front : C. Koylion , C. Frazier , K. Allen , S. Ng

Back : Moderator L. Briggs , K. Slavik , M. Carey , E. Porelle . R. Segadelli , Moderator J. Trahon

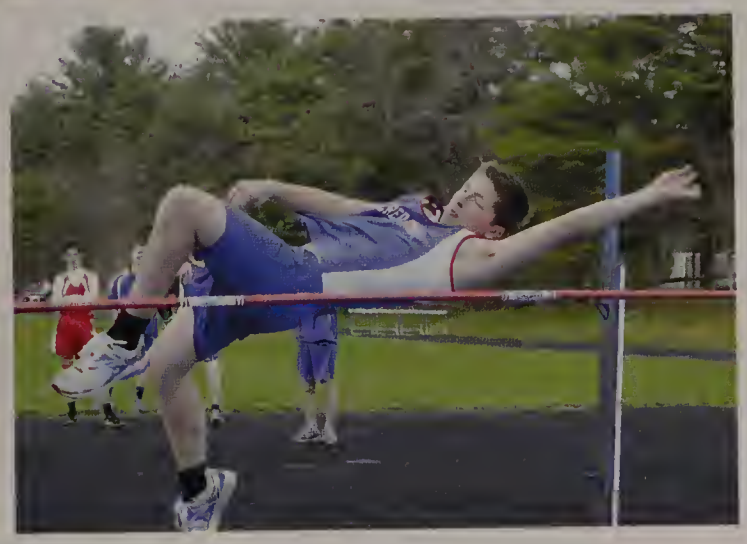
H.S. Roots & Shoots

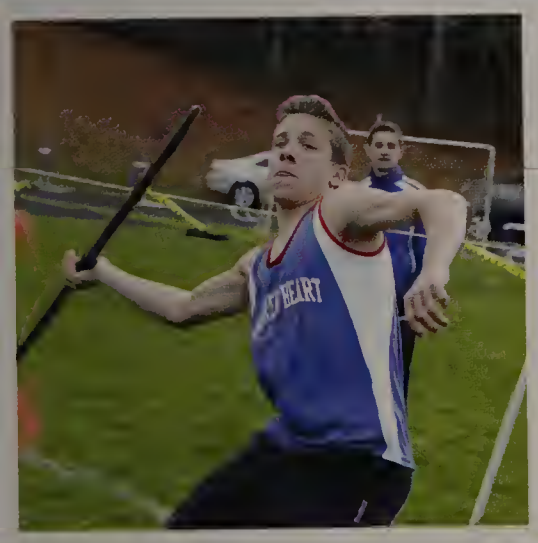
Front : N. Hines , E. Hokanson , E. Cubellis , S. Rouse , O. Columbo , A. Morse
Middle : S. Padgett , Y. Pappas , J. Fratus , M. King , E. Finn , A. Koropey
Back : K. Coleman , C. Gren , S. Fehrm , T. Foley , Moderator L. Briggs

ATHLETICS



Saints
8





63
33
42

aints
25

Saints
2

Junior Varsity Soccer Team Members L to R: Front : K. Quelle, P. Cavanaugh, K. Allen, S. Ng, L. Hanna, S. Whitaker ; Mid: E. Banden, K. Slavik, R. Murphy, C. Frazier, C. Murphy, O. Kennedy, C. Dousa, Back : E. Graziano, R. Segadelli, J, C. Chojnowski, C. Koylion, Coach

Left : Volleyball

Front: J. Abraham , L. Anthony , E. Keane , K. Scott , A. Laessig

Mid : R.Sweeney , E. Cunningham , G. Hallam , S. McBride , A. Morse

Back : Coach McCabe, J. Blake, A. Chapin , A. Murphy , H. Boyd

J.V. TEAMS

Below : Boys Soccer : Front : N. Viscariello, Z. Rouse, A. Hokanson, C. Koylion, R. Gokey ; Middle: N. Eldridge, J. Pelrine, Z. Crossman, J. Bunn, C. Meikle : Back : Coach Bruninghause, B. LaGrassa, T.K. Coleman, S. Tracy, B. Andrade , E. Viola

Volleyball : Front : E. Porelle, B. Wilson, I. Coridini, J. Ellis, P. Spacek, M.K. D'Arcy, Back : Coach Horan, M. Cenami, K. Murphy, R. Welling, A. Driscoll , S. Capone , H. Parek

SENIORS / CAPTAINS

QUOTE

"This fall season was an amazing one for golf. We won our division and made it to the tournament. The coaches and players made is something to look forward too every day."
-Ben Giglio '17

Team Members:
L to R:Back Row: Coach Lochiatto, Andrew Mason, Ben Giglio, Colin Gillis, Peter Carchidi
Front Row: Sean Flatherty, John Webster, Colby Flanders, Jake Egan

GOLF

QUOTE

"I am so happy with the outcome of this season we made it to tournament and formed friendships that will last a lifetime."
-Stephanie Rouse '17

SENIORS / CAPTAINS

GIRLS VOLLEYBALL

NOTEWORTHY

Season Record: 16-2-0 MAC Champions

TEAM MEMBERS L to R:
Back Row: C.Mason, K.Melchionda, S.Rouse, R.Brown, A. Slavik, G.Prescott, E. Cubellis, E. Hallam, Coach R.Slavin.
Front Row: L.Melchionda, S.Knox, A.Bitterman, H.Ferraro.

30

25

IEART
16

Saints

Saints

D H
5

GIRLS SOCCER
STATE VOCATIONAL
CHAMPIONS
4
18

QUOTE

"I think we did amazing this season for such a young team. I'm so proud of each and everyone of the girls on this team."
-Captain Rachel Struski '18

SENIORS / CAPTAINS

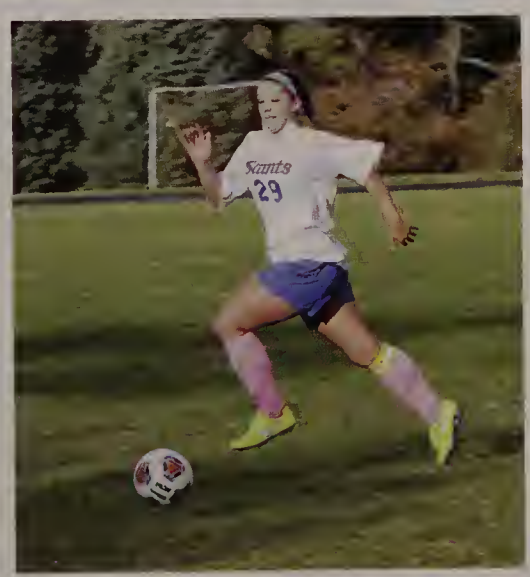
GIRLS SOCCER

NOTEWORTHY

Season Record: 15 - 3 - 2 MAC Champions

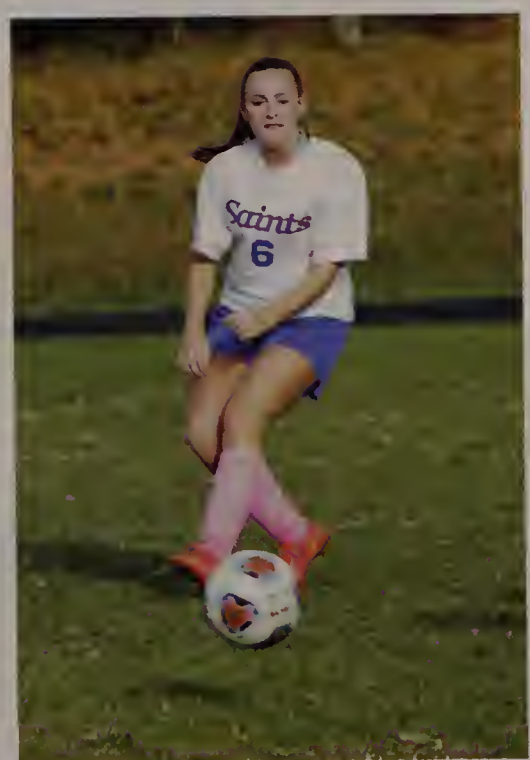
TEAM MEMBERS L to R:
Back Row: Coach W. French, O.Dibiase, C.Sheen, A.Latini, R.Struski, C.Sheen, Manager C.Sullivan, Coach N.MacDonald.
Middle Row: S.Baston, O.Sivieri, R.Crossman, Z.Volney, E.Murphy, A.Baston, E.Finn.
Front Row: R.Cavanaugh, J.Jennings, A.MacDonald, B.LeBlanc, J.Gailes, J.Tracy.

Saints
8
11


Saints
29

24

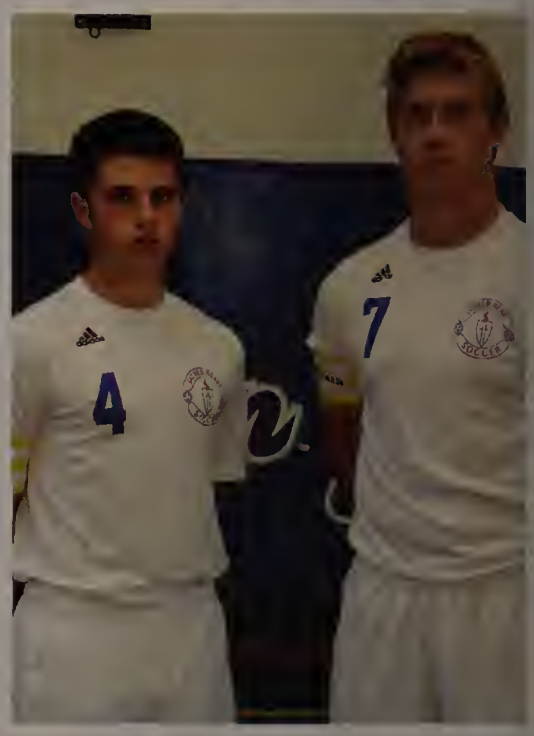
Saints
11


Saints
6

Saints
20

QUOTE

"Our season started off slow but as we saw how we needed to play to succeed we managed to finish the season strong and prepared for next year."
-Captain Kyle Coleman '17



SENIORS / CAPTAINS

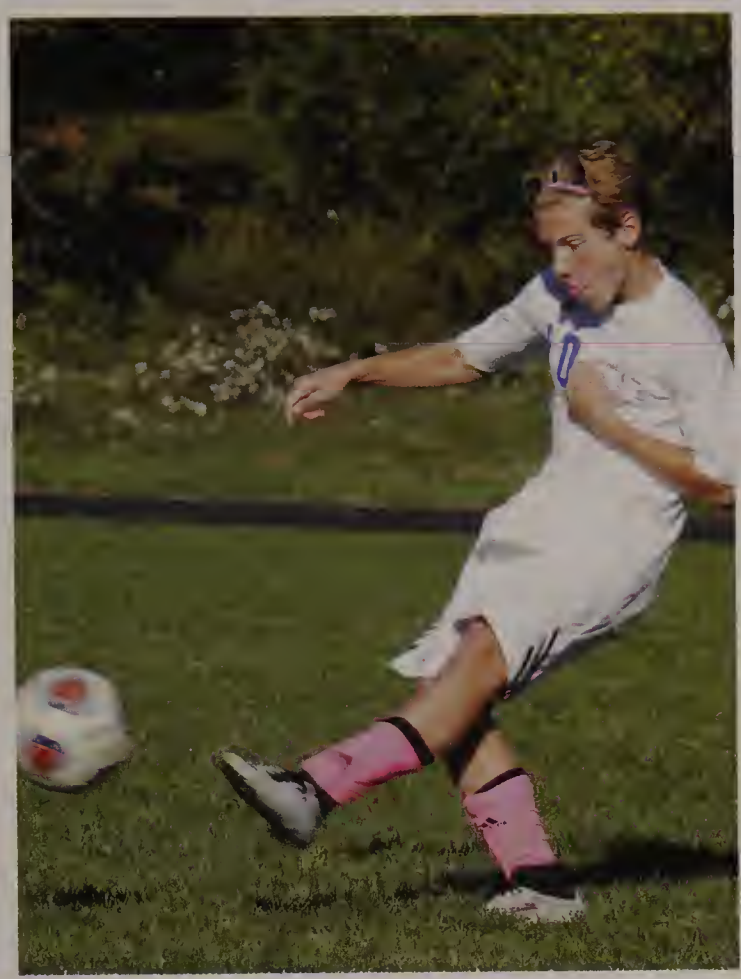
BOYS SOCCER

NOTEWORTHY

Season Record: 6 - 6 - 4

TEAM MEMBERS L to R:
Back Row: Coach M.Bruninghaus, N.Gallo, K.Coleman, F.Zinni, N.Cerrato, J.Meyer,
Middle Row: J.Pasquale, B.Molloy, N.Porrelle, M.Leary, D.Jennings, G.Hokanson
Front Row: M.Dunn, K.Coleman, J.Gallo, B.Carroll, R.Veitkus

7



19
17

4

5
6

14

7

QUOTE

"This year was our first year as a varsity football team and we set the building blocks for the year to come."
- Captain Nick Weir '16

SENIORS / CAPTAINS

FOOTBALL

NOTEWORTHY

Season Record: 2-7

TEAM MEMBERS L to R:
Front Row: P. Reardon, J. Crowley, B. Buckley, J. Krochko, N. Eaton, M. Walsh, D. Sinclair
2nd Row: Coach T.J. Byrne, J. Lodi, N. Fantasia, V. Spencer, J. O'Brien, L. Breshnehan, C. Stevens, S. Doiron
3rd Row: Coach Rosen, J. Sullivan, T. Potrykus, J. Hurley, T. Garzoni, J. Garrett, O. Degust, Coach Marshall
4th Row: Coach Sweeney, M. Duggan, S. Fehrm, M. Finn, S. MacMillian, P.J. Beutell, Coach White
Back Row : Coach Dunn, M. Haskell, P. Allen, T. D'Amelio, N. Weir, L. Flynn, W. Gregson, Coach Luscinski
Absent from photo: M. Comeau

12
SACRED

63
63
5

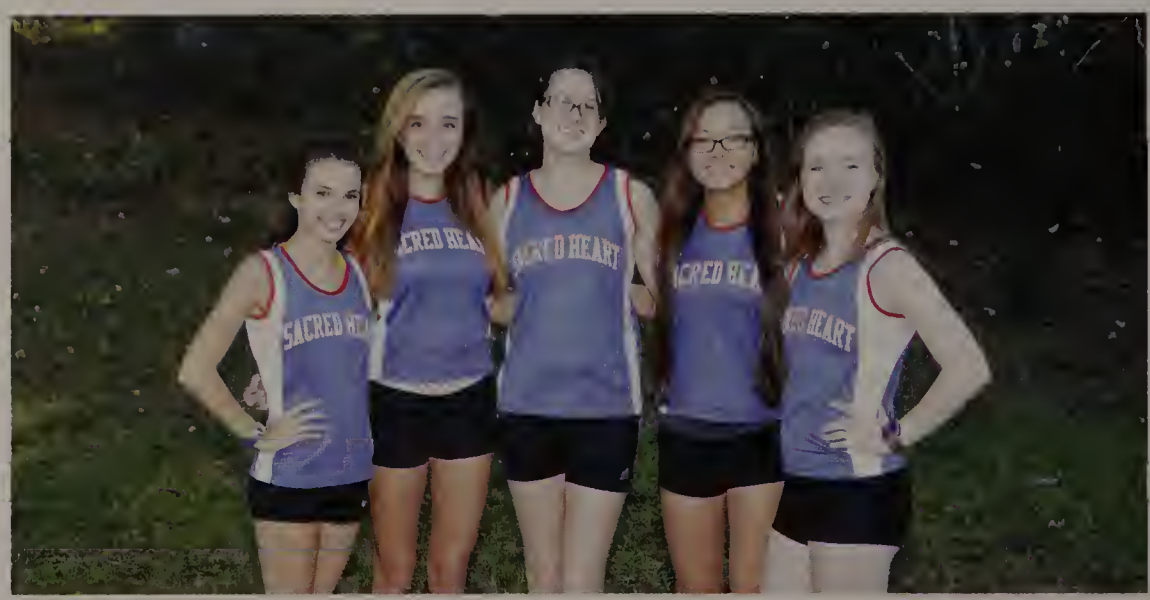
2

10
33

56
HEART

44
SACRED

55
56



CROSS COUNTRY

SENIORS / CAPTAINS

NOTEWORTHY

REGULAR SEASON : 5 - 2

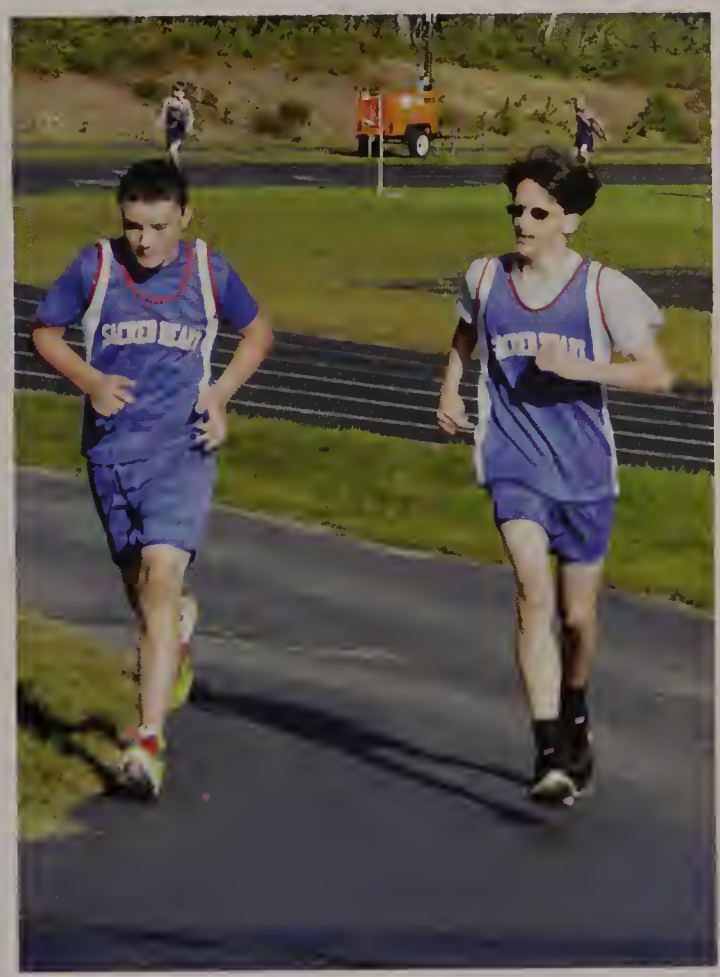
TEAM MEMBERS

Above : Girls :
J. Rouse, E. Hokanson, M. White, J. Moriarty, E. Carberry

Right : Boys
Front : B. Novak, I. Coletti, M. Johnson, D. Cronin, L. Simpson, C. Gren
Back : L. Carey, T. Gokey, K. Fehrm, Z. Wang, F. Guo, J. Reiber

RISING TIDE
SACRED HEART

SACRED HEART
RISING TIDE


SACRED HEART

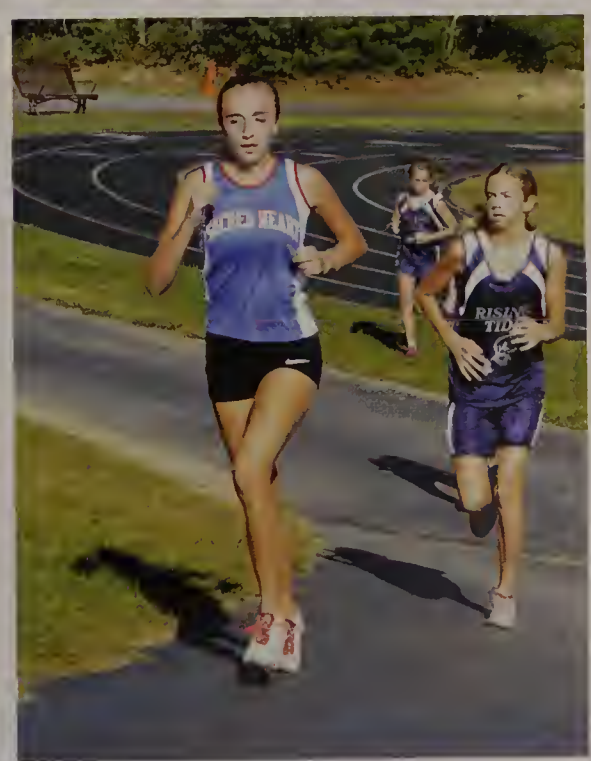
RISING TIDE
SACRED HEART

SACRED HEART

SACRED HEART

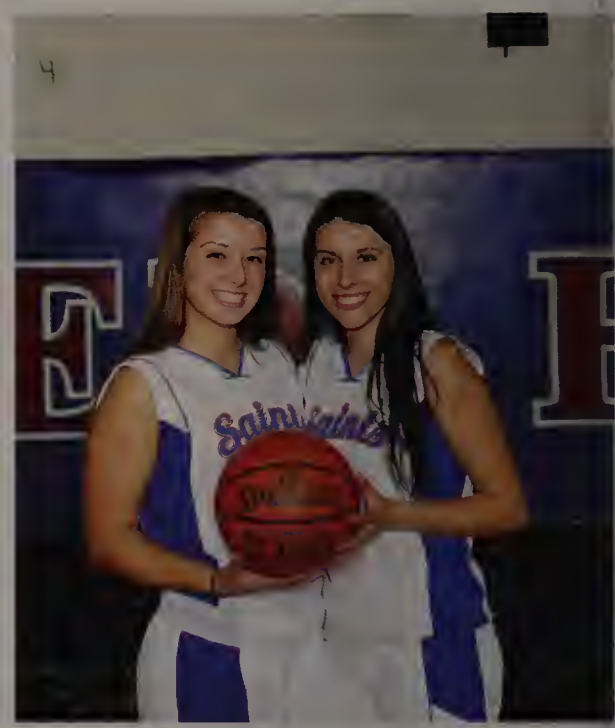
RISING TIDE

SACRED HEART


SACRED HEART
RISING TIDE

QUOTE

"We had a very connected team this year on and off the court so it made it so much easier to play together."
-Junior Bridget LeBLanc



SENIORS / CAPTAINS

GIRLS BASKETBALL

NOTEWORTHY

Season Record: 13-7

TEAM MEMBERS

Front L to R :
F.M. Sanchez , M. Camelio, J. Jennings, A. MacDonald

Back Row L to R :
R. Sweeney, A. Slavik, A. Latini, B. LeBlanc, C. Sheen, L. Melchionda

Saints
32
SH

Saints
2
SH

Saints
1
SH

11
10

10
50

Saints
10
SH

34
Saints
40
SH

Saints
23
SH

Saints
32
SH

QUOTES

"We are very happy about our progress throughout the season and hopefully set the stage for continued success in the future."
Brendan Sullivan , '16

SENIORS / CAPTAINS

BOYS BASKETBALL

NOTEWORTHY

Season Record: 8-12

TEAM MEMBERS

L to R: Back Row:
T. Potrykus, N. Weir, P.J. Beuttel, B. Giglio

L to R: Front Row:
C. Boyington, C. Flanders, B. Sullivan, M. Duggan, A. Mason

Saints
3

14
Saints
17

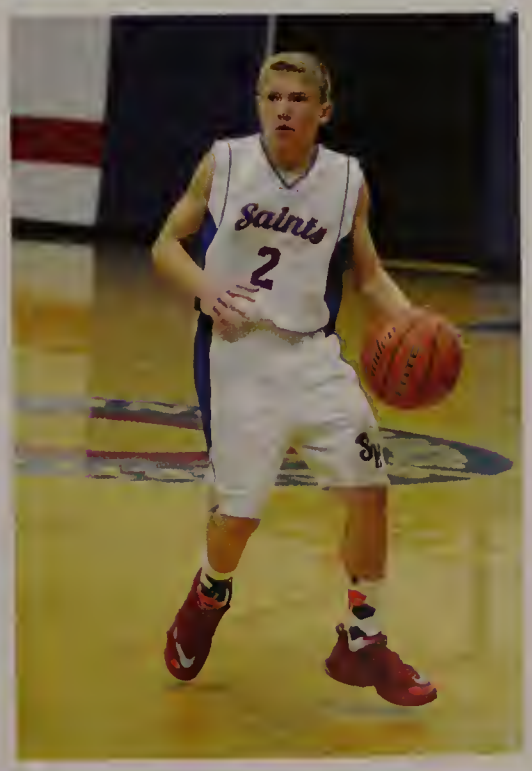
Saints
21
SH

Saints
21
13

SH
Saints
2

Saints
13
SH

Saints
12
SH


Saints
2

QUOTES

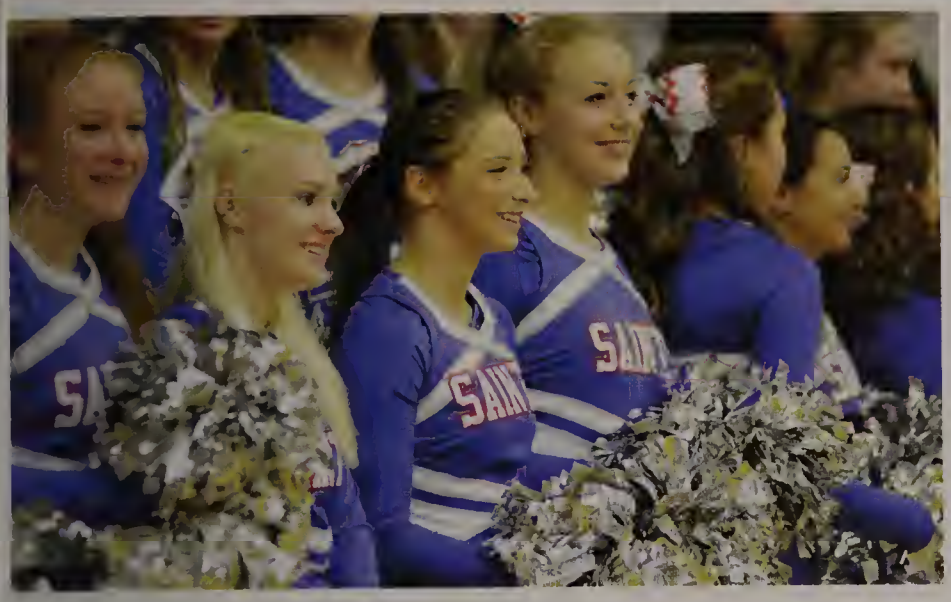
"I had such a great senior year and I couldn't have asked for a better group of girls for this season."
"Keep your head high, your bow higher, and your confidence highest."

- Senior captian Rachel Brown

SENIORS / CAPTAINS

CHEER

TEAM MEMBERS Front Row L to R : B. Wilson, C. Prario , R.Brown, S. Padgett, J. Gailes, A. Santos , A. Beaton, S-L Hellige, M.Dankin
Back Row L to R : A. Lassig ,A. Arredondo , A. Dwyer, R. Klein, N. MacDonald, A. Bitterman, K. Pyne, C. Brown, R. Welling, C. Murphy, A. Schaub



MAYFLOWER
ATHLETIC CONFERENCE
CHAMPIONS
GIRLS SOCCER
GIRLS SOFTBALL

SAINTS

CHAMPIONS
SAINTS

QUOTES

"New milestones included winning the League again and winning our first ever playoff game."
- S. Fehrm '17

HOCKEY

SENIORS / CAPTAINS

NOTEWORTHY

Season Record: 16-3-1

TEAM MEMBERS

Front : T. D'Amelio, K. Flaherty, B. O'Shea, D. Perry, C. Gillis, I. Fillion, J. Quinn, L. Flynn, D. Kazmouski, B. MacNeil, J. McCafferty

Middle: Coach T. MacDonald, B. Goldman, C. Dickhaut, C. Greely, S. Comeau, R. Leonard, S. MacMillian, L. Walsh, S. Fehrm, C. Perry, O. Degust, Coach R. High, Coach M. Doyle, J. Hallam

Back : J. Egan, B. Williams, T. Scully, J. Murray, M. Allen, G. Belliveau
Absent from picture : Coach S. Coady, Player L. Darling

WARRIOR
23

NOTEWORTHY

GIRLS TEAM :
- Regular Season : 9 - 5
- Third Straight Mayflower League Championship
- Third Straight Mayflower League Coach of the Year : Andrew Glyn
- Hayley Ferraro : Tennis MAC Comprehensive Division Player of the Year

CAPTAINS

SENIORS

TENNIS

Boys
Front : B. Trovato, G. Belliveau, S. Padgett, J. Smerczynski
Back : Coach , C. Greely, F. Guo, M. Xie, P. Miao

Girls
Front : W. Zeng, X. Kong. H. Ferraro, M. Camelio, J. Jennings, E. Keane
Back : Coach Glynn, K. Murphy, C. Sheen, A. Chapin, J. Abraham, A. Morse, C. Brown, M. Friday, S. Capone

NOTEWORTHY

BOYS TEAM REGULAR SEASON 1 - 11

SENIORS / CAPTAINS

GIRLS LACROSSE

NOTEWORTHY

REGULAR SEASON : 4 - 10 - 2
Mayflower League Coach of the Year : H. Maxey

Front : R. Struski, E. Hallam, A. Beaton
Middle : G. Hallam, H. Whitaker, J. Hinds, R. Crossman, H. Boyd, P. Spacek, A. Santos
Back : S.L. Hellige, R. Sweeney, M. Larsen-Molina, G. Prescott, J. Tracy, F. Martin Sanchez, S. Rouse, Coach H. Maxey

Saints

SENIORS / CAPTAINS

BOYS LACROSSE

NOTEWORTHY

REGULAR SEASON	POST SEASON
13 - 5	1 - 1

Front : M. MacDonald, J. Quinn, P. Allen, J. Hallam

Middle : E. Viola, J. McCafferty, D. Cronin, C. Dickhaut, M. Duggan, J. O'Brien

Back : Manager B. Goldman, T. Murphy, L. Simpson, M. Finn, B. Molloy, S. Fehrm, M. Allen, B. Williams, J. Ega, Manager L. Bresnehan, Coach C. McClay

Saints
4

17
18
SAINTS

Saints
17

Saints
15

NOTEWORTHY

Comprehensive Team MAC Sportsmanship Award

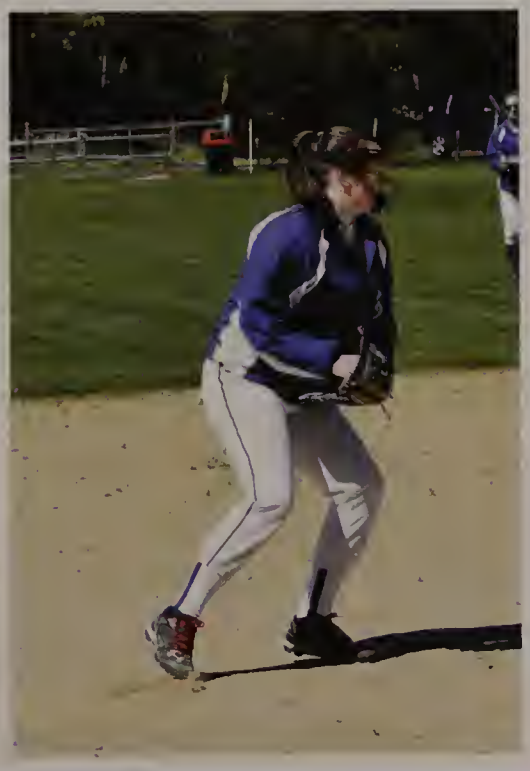
SENIORS / CAPTAINS

SOFTBALL

NOTEWORTHY

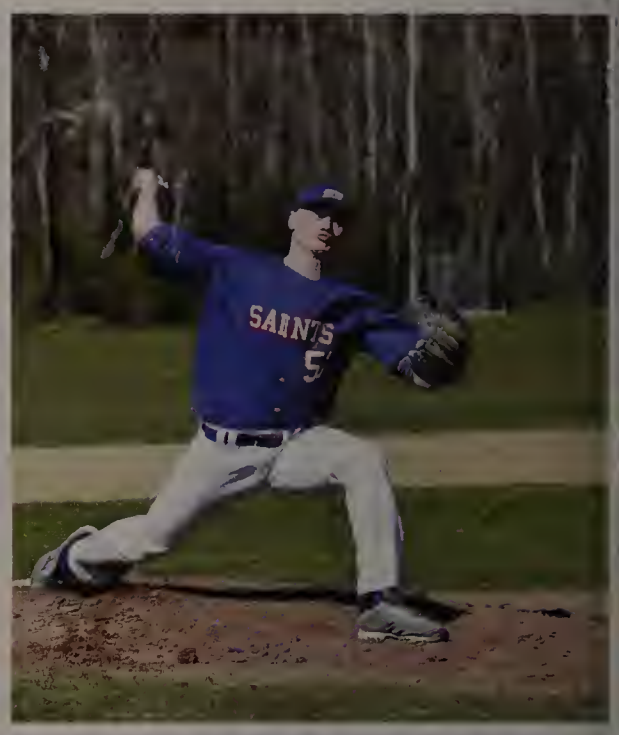
REGULAR SEASON : 6 - 12

Top: Varsity
Front: K. O'Neil, R. Brown, J. Gailes, L. Melchionda, A. Bitterman
Back: R. Cavanaugh, K. melchionda, E. Murphy, J. Blake, C. Sullivan, A. Latini, O. DiBiase, Coach Bruninghaus
Bottom: Junior Varsity
Front: S. Latini, C. Mason, P. Cavanaugh, E. Healey, O. Kennedy, K. Slavik
Back: Coach Duchaney, R. Welling, E. Finn, A. Slavik, S. Malone, E. Graziano, C. Koylion



NOTEWORTHY

Comprehensive Team MAC Sportsmanship Award



SENIORS / CAPTAINS

BASEBALL

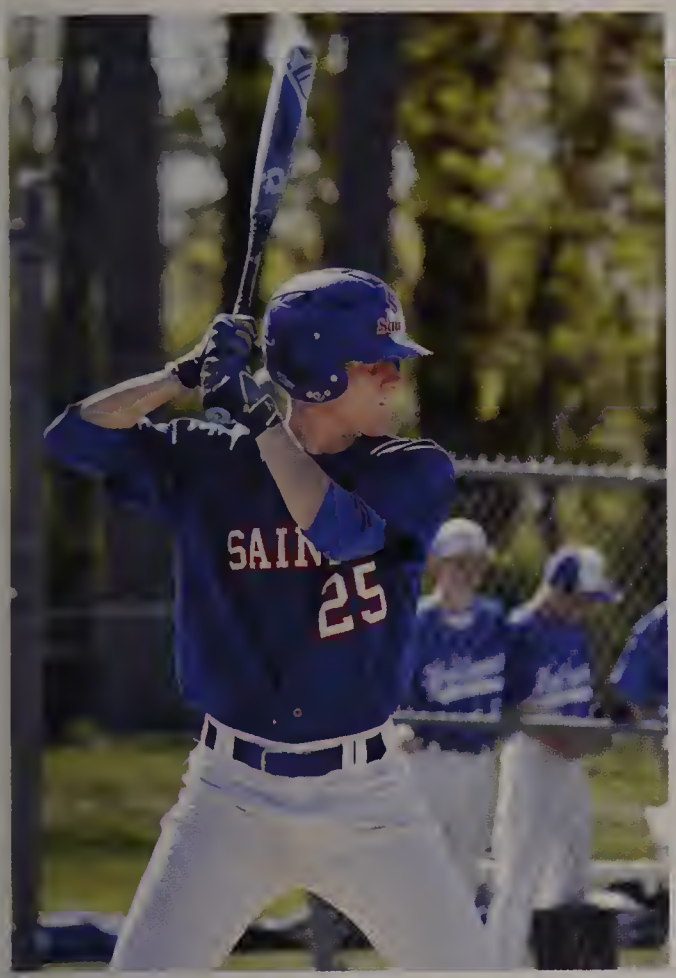
NOTEWORTHY

REGULAR SEASON : 6 - 12

TEAM MEMBERS

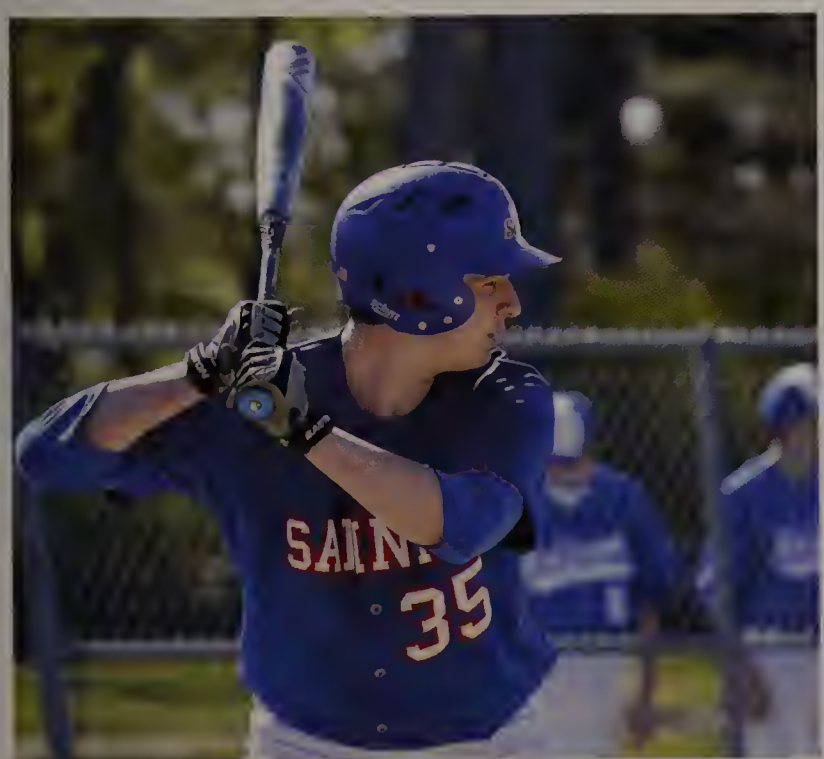
Front:
J. Murray, A. Mason, C. Gillis, N. Weir, S. Novick, T. Garzoni

Back:
Coach Boyles, M. Hurm, B. Buckley, J. Husband , C. Boyington, T. Potrykus, S. Flaherty, N. Fantasia, J. Sullivan, J. Krochko, Coach


SAIN
25

SAINTS
51

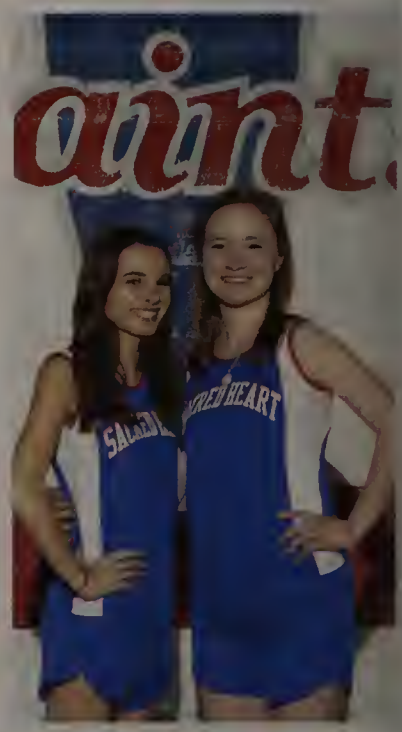
SAINTS
4


SAIN
35

NOTEWORTHY

Girls Regular Season : 0 - 5

Boys Regular Season : 0 - 5



SENIORS / CAPTAINS

TRACK & FIELD

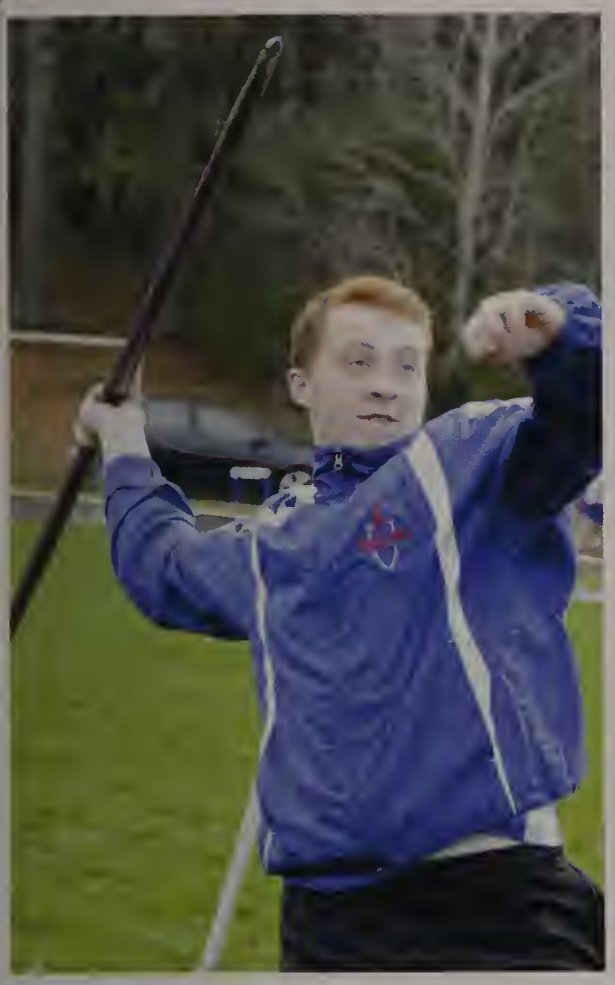
TEAMS

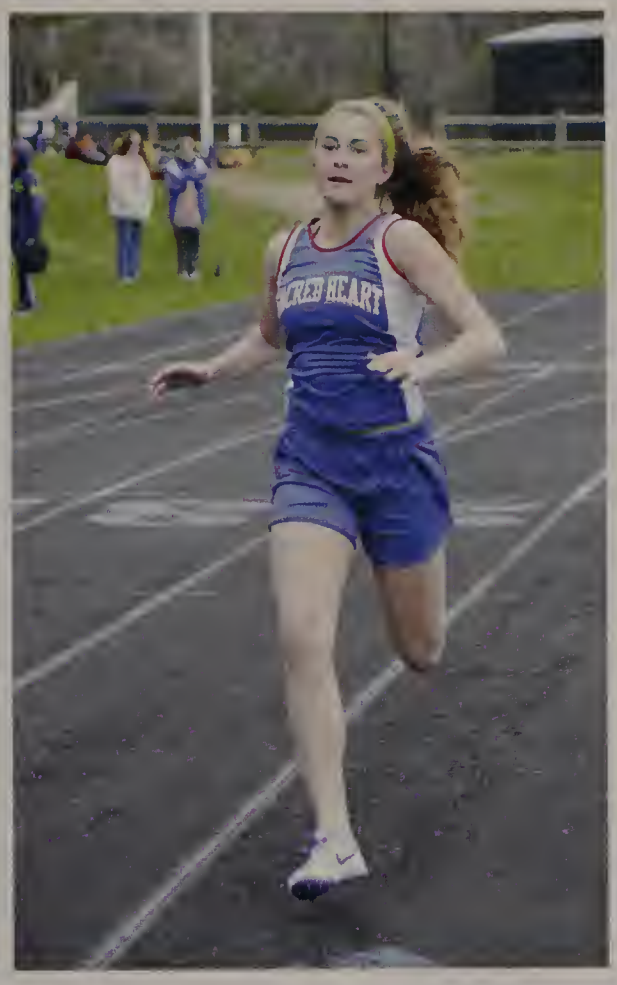
Top : Girls

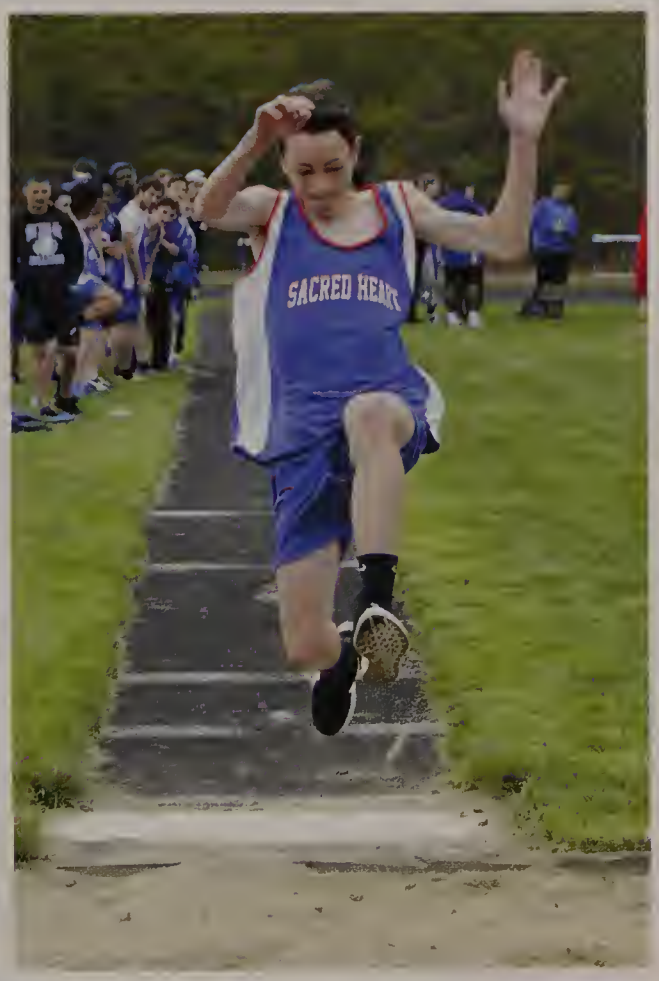
Front: J. Rouse, K. Allen, E. Carberry, K. Quelle, K. Turner
Back: E. Hokanson, J. Moriarty, Z. Volney, K. Guo, C. Carberry, L. Ye, Coach Bradford

Bottom : Boys

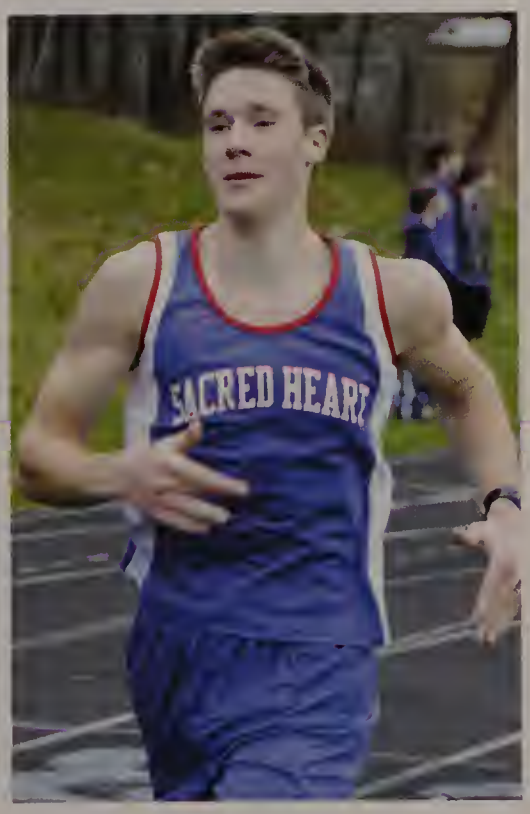
Front: R. Veitkus, G. Kapple,M. Walsh, E. Coletti, A. Wong, D. Jennings, M. Johnson, B. Novak, Y. Pappas
Middle: L. Carey, A. Hokanson, C. Koylion, B. Maciag, N. Volney, J. Reiber, B. Andrade, J. Garrett, J. Webster, R. Gokey, J. Bunn, Z. Rouse, B. Carroll, D. Sinclair
Top: K. Coleman, T. Mortimer, C. Stoloski, I. Coletti, J. Hurley, C. Zhang, Z. Wang, J. Crowley, V. Spencer, M. Dunn, J. Pasquale, N. Samia, T. Gokey, Coach K. Holt




SACRED HEART


SACRED HEART

SACRED HEART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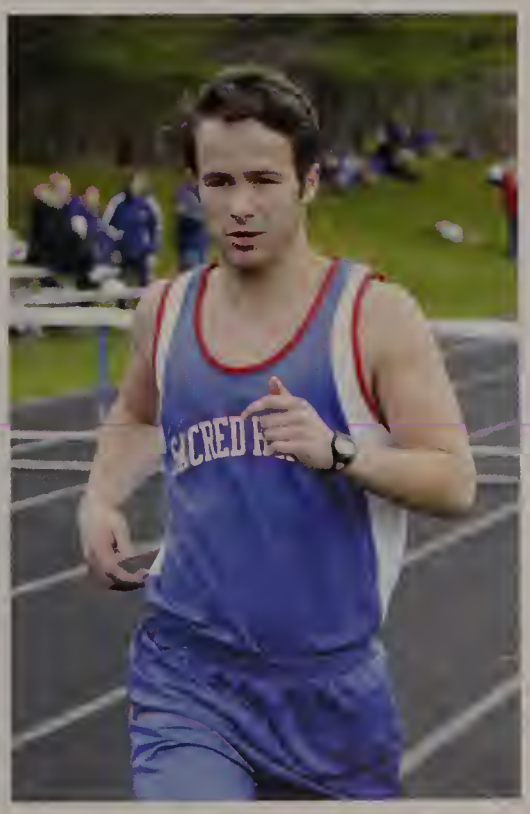
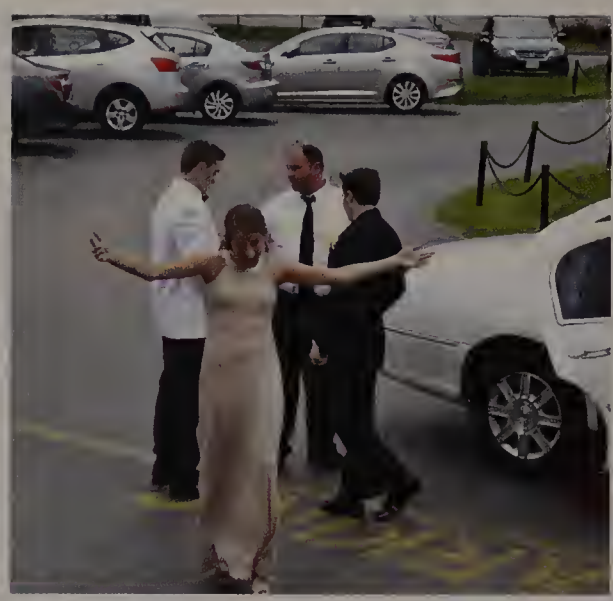
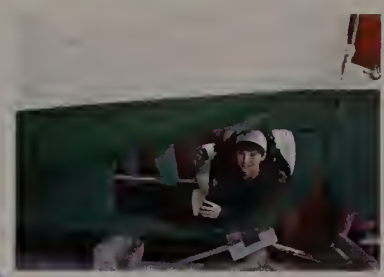
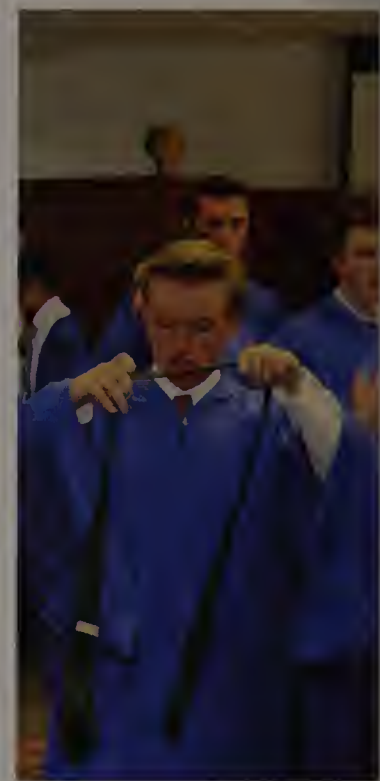
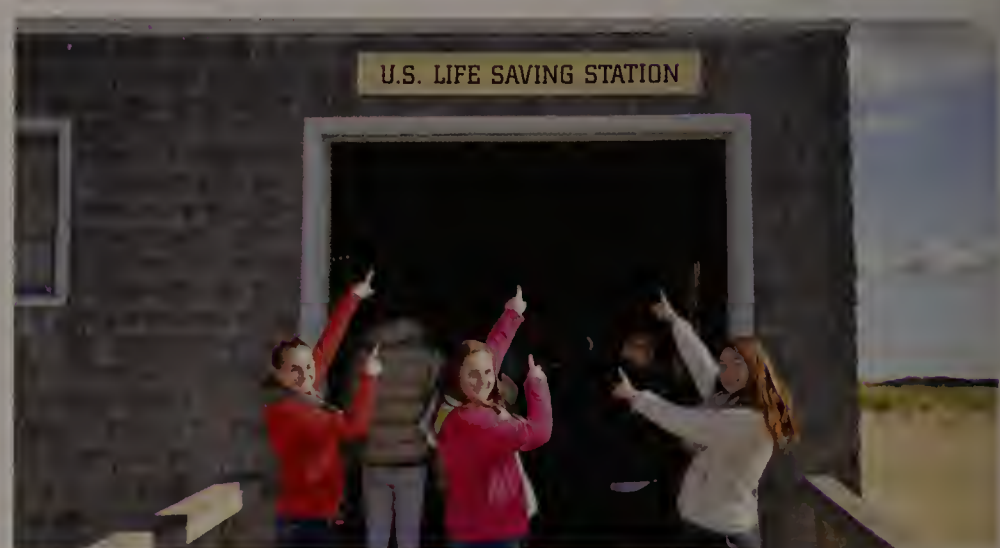


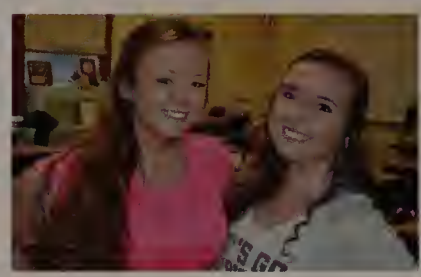




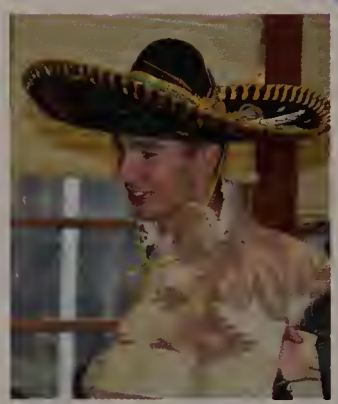
ACTIVITIES

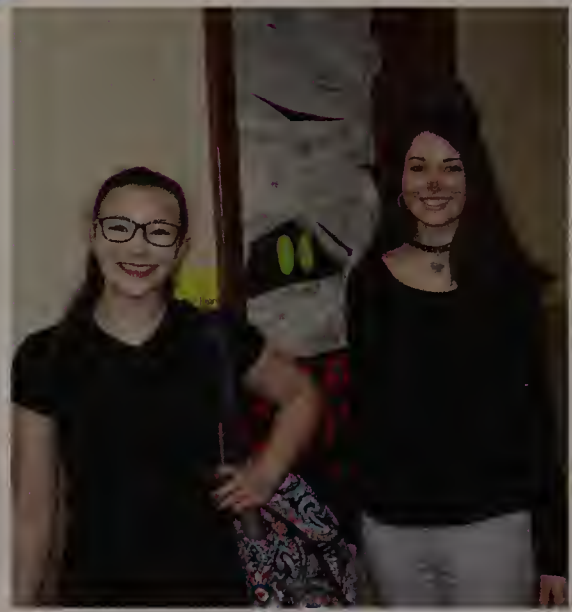


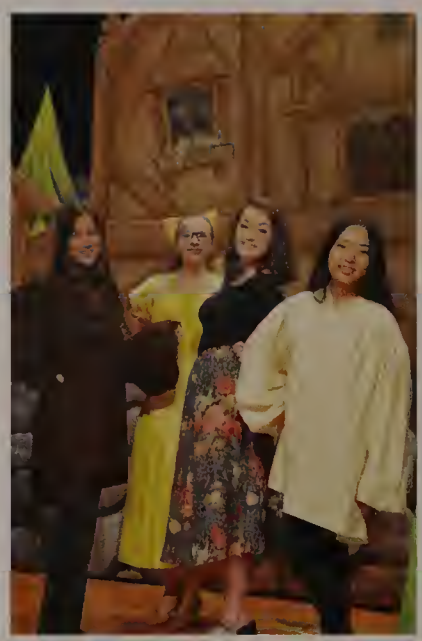




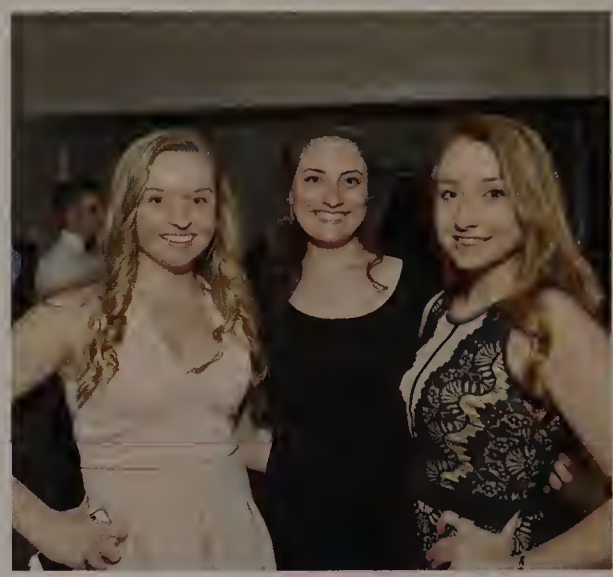
HALLOWEEN

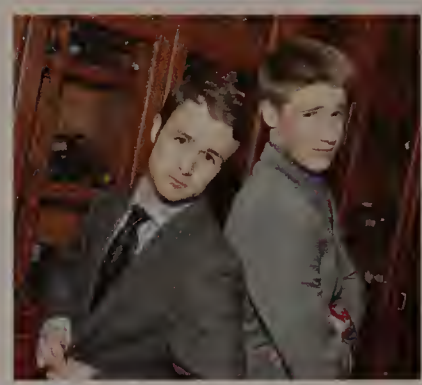


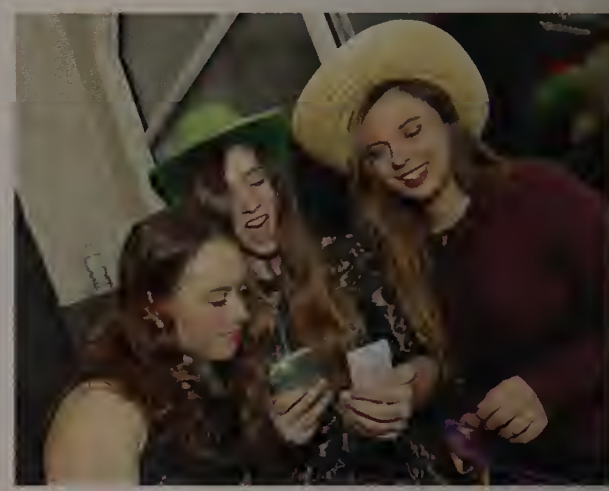




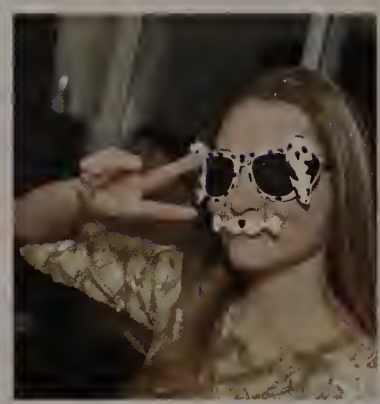
BEAUTY & THE BEAST

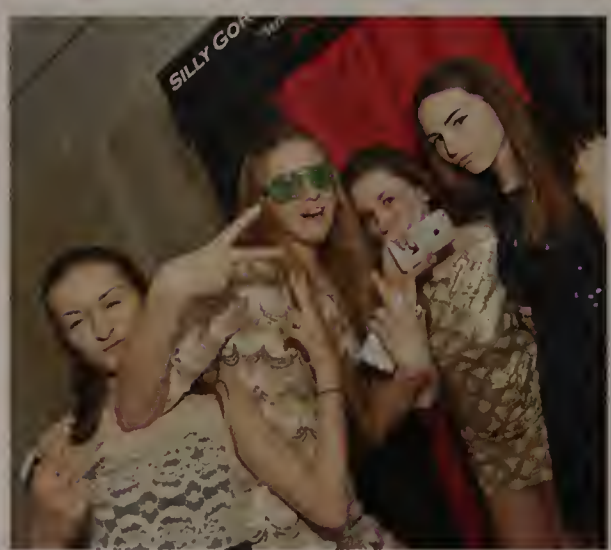


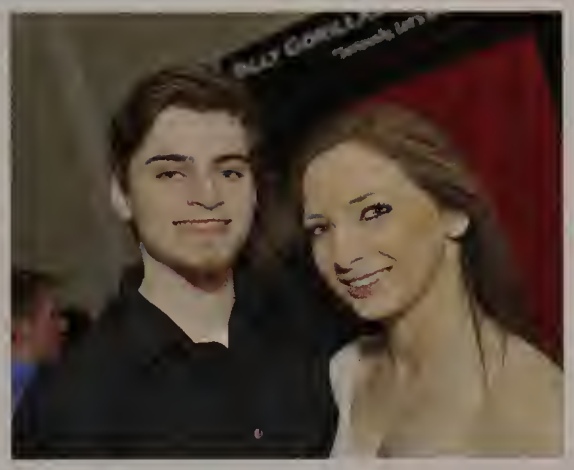
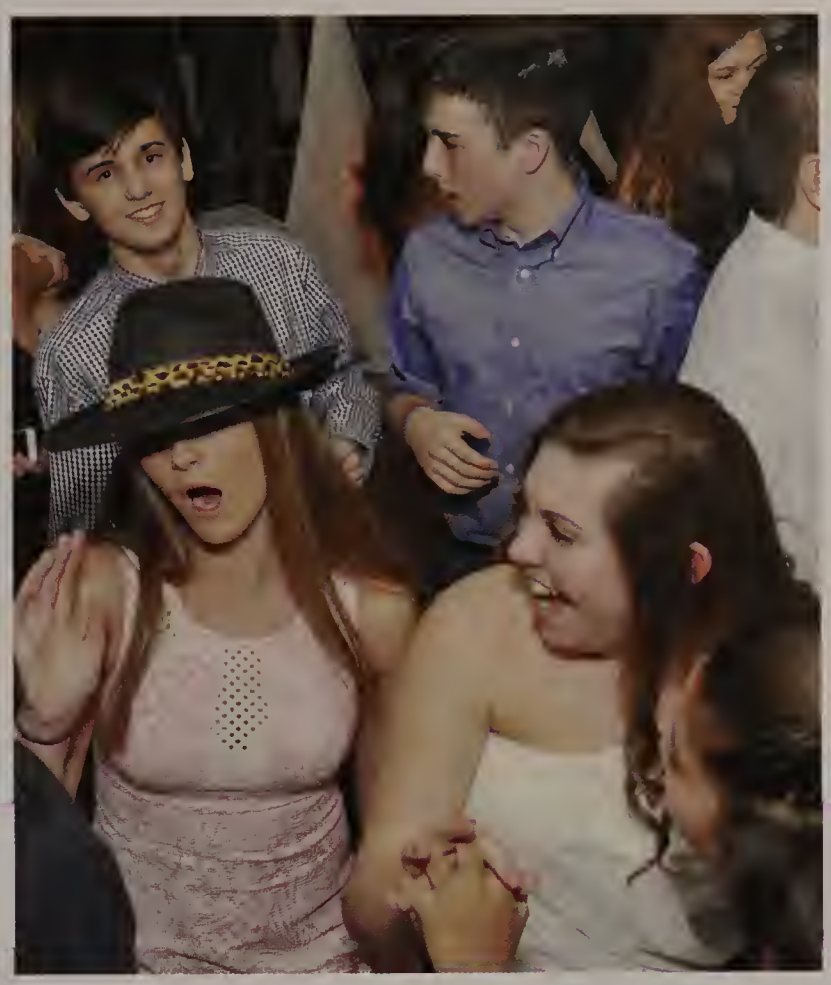


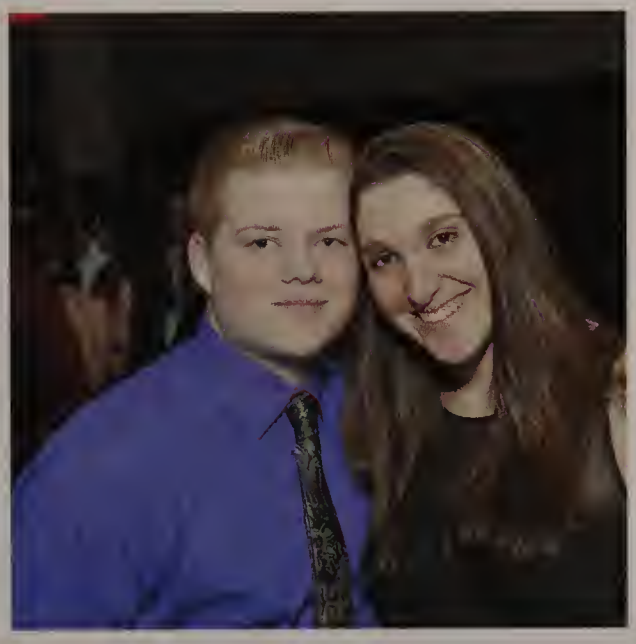


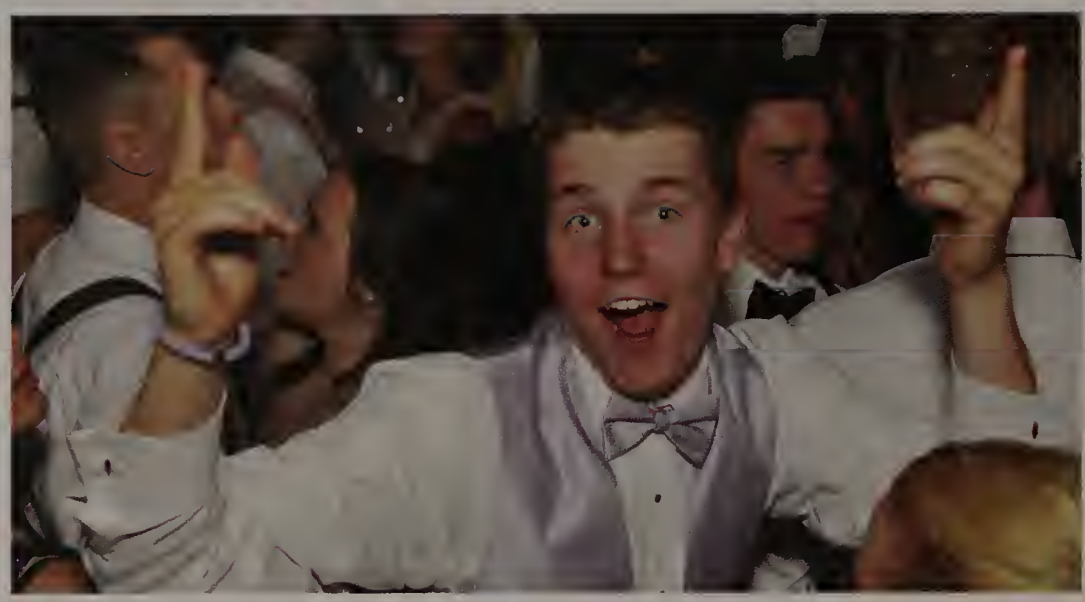
SEMI FORMAL

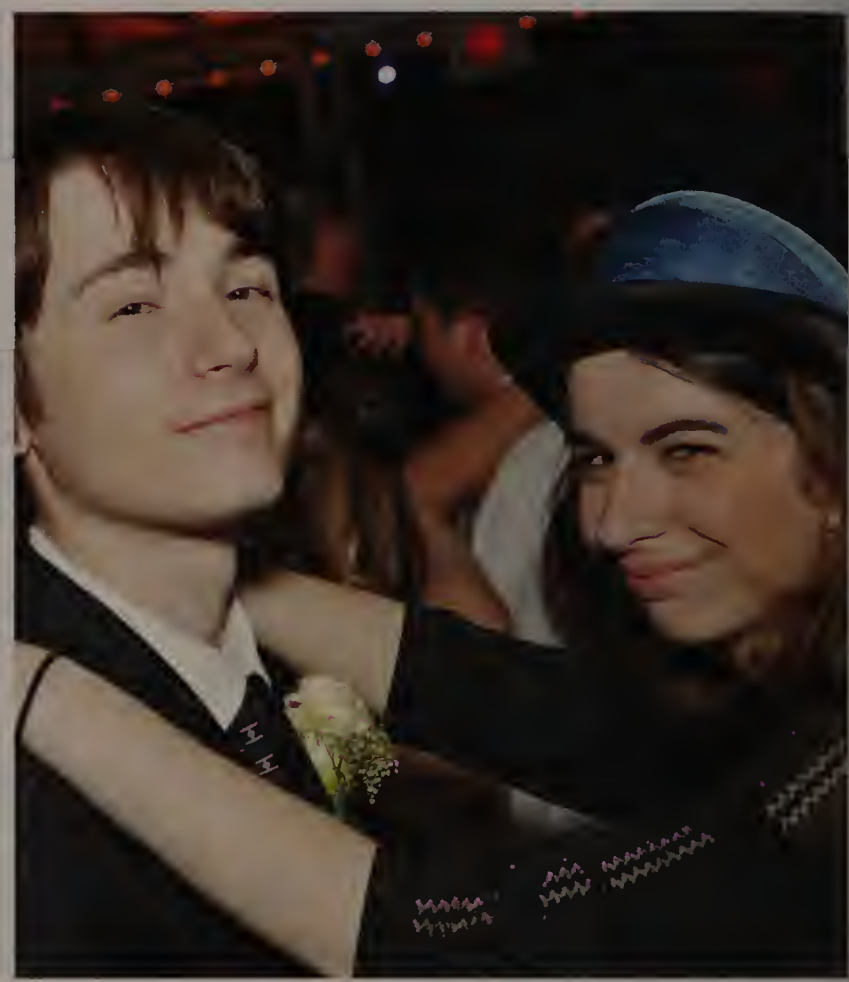










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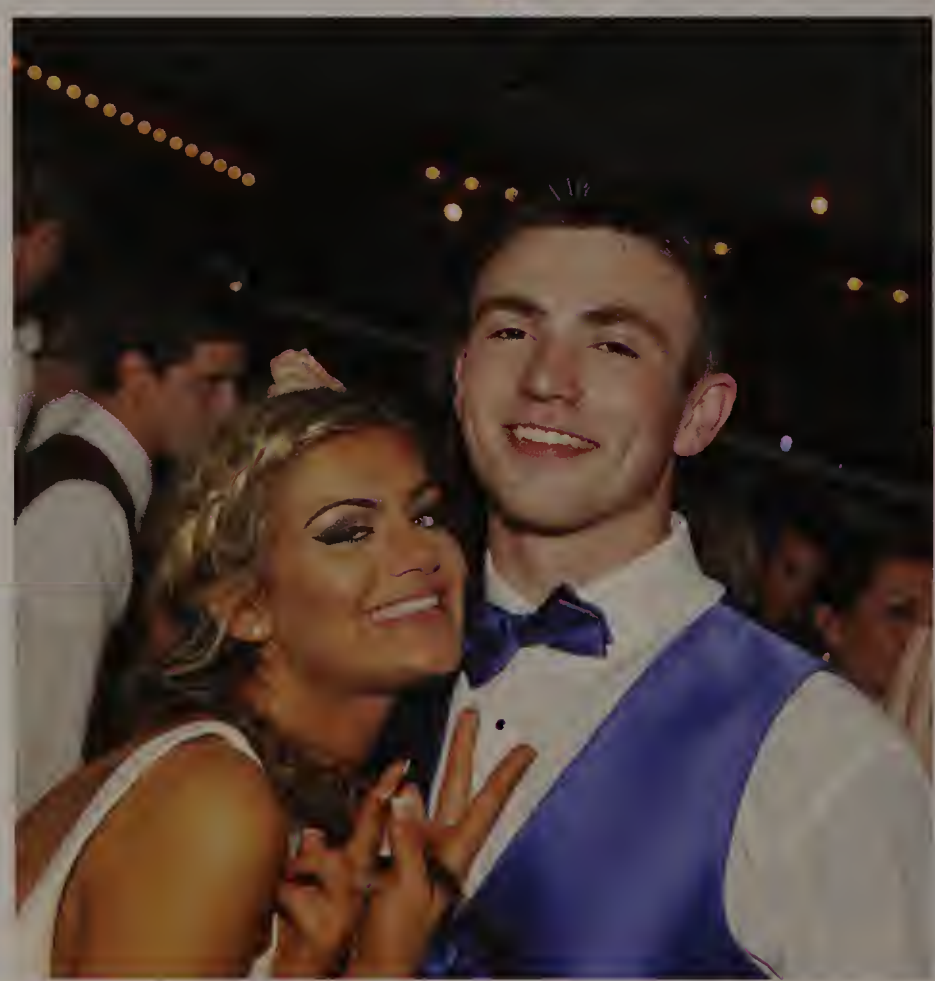
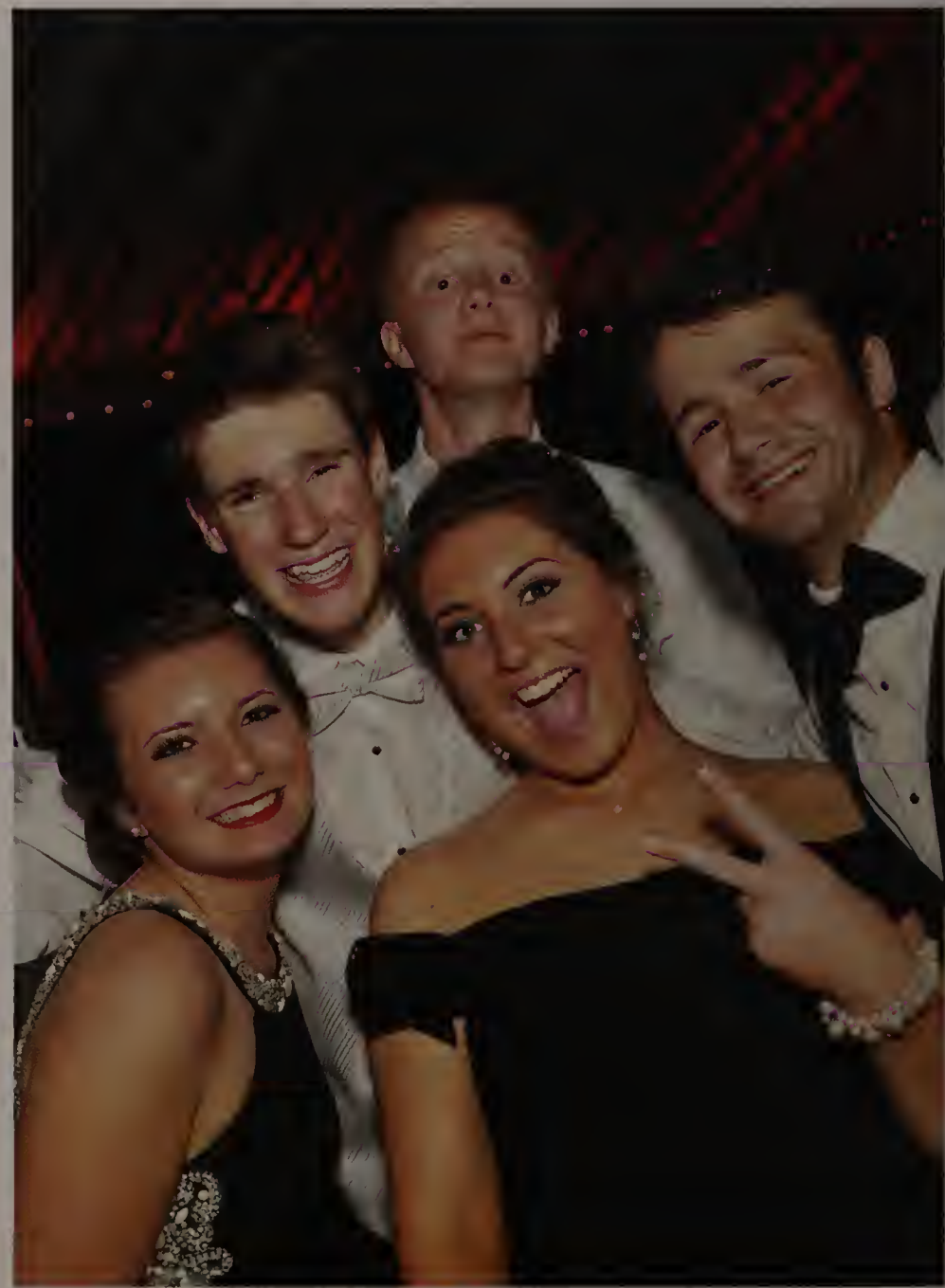
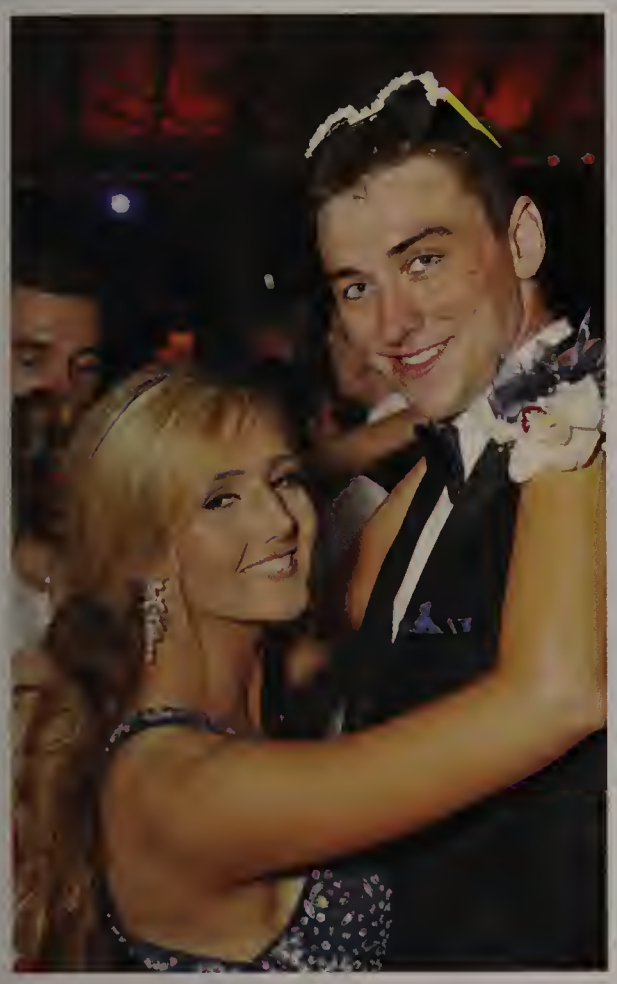
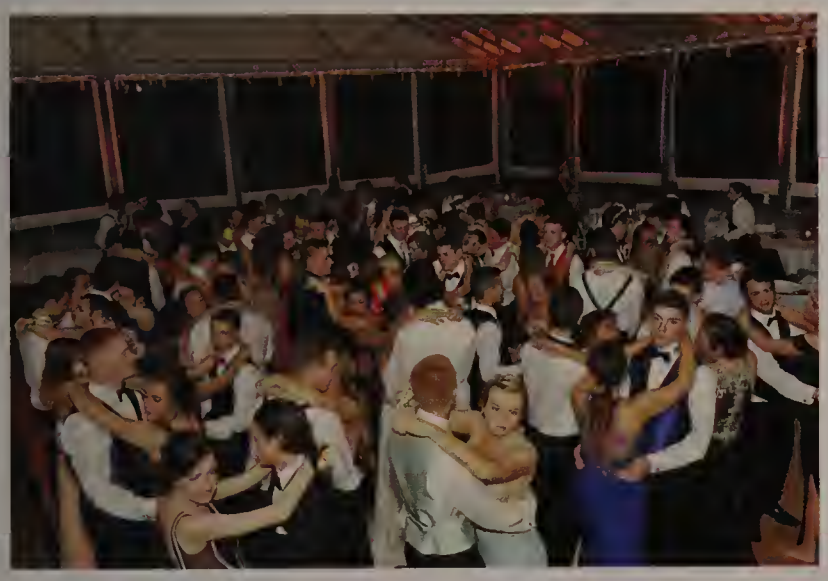
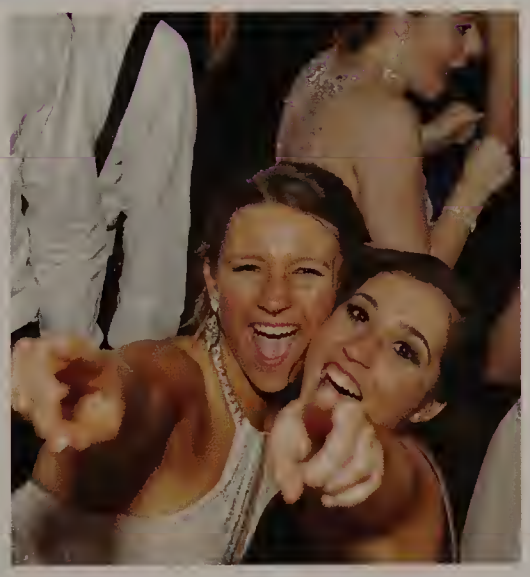
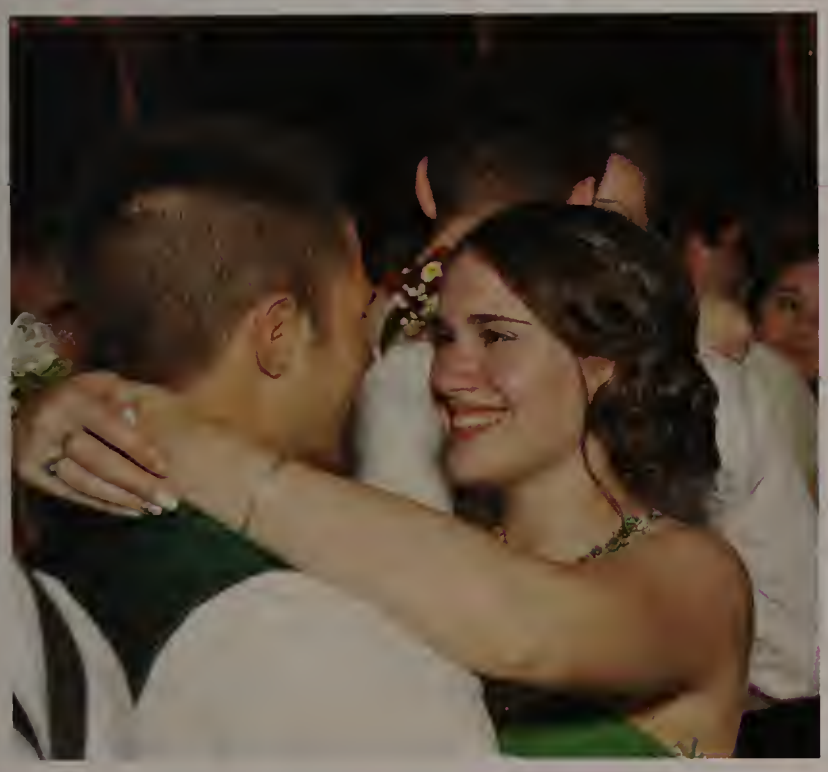
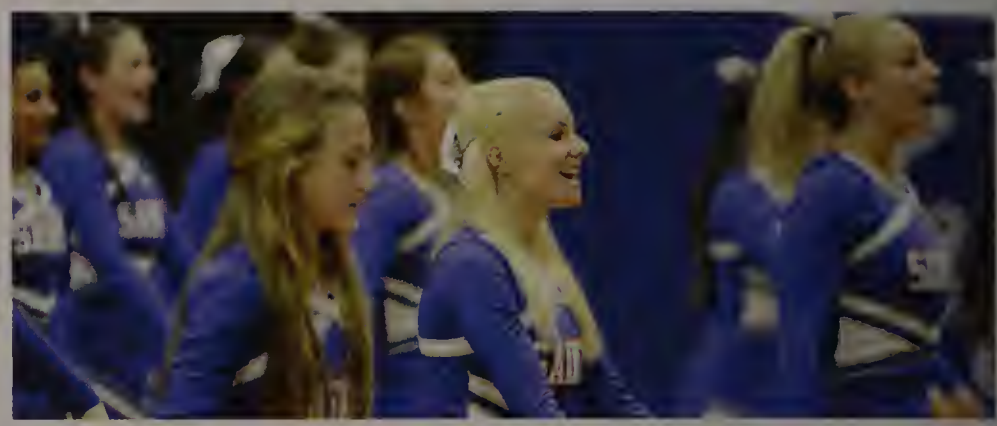


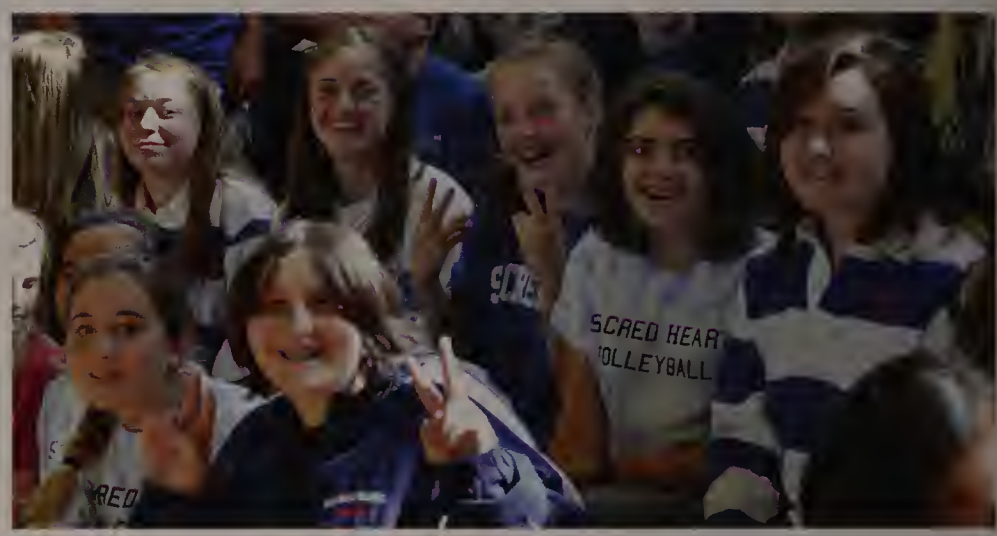




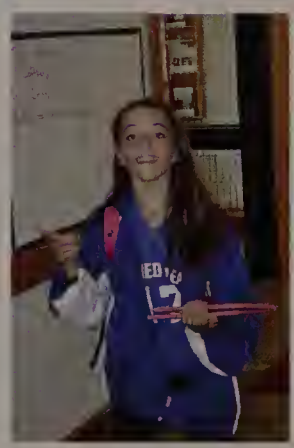



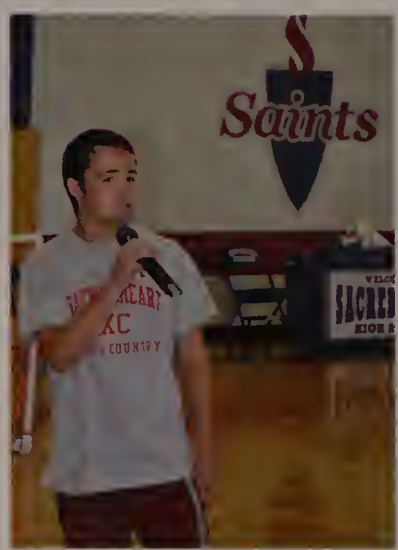


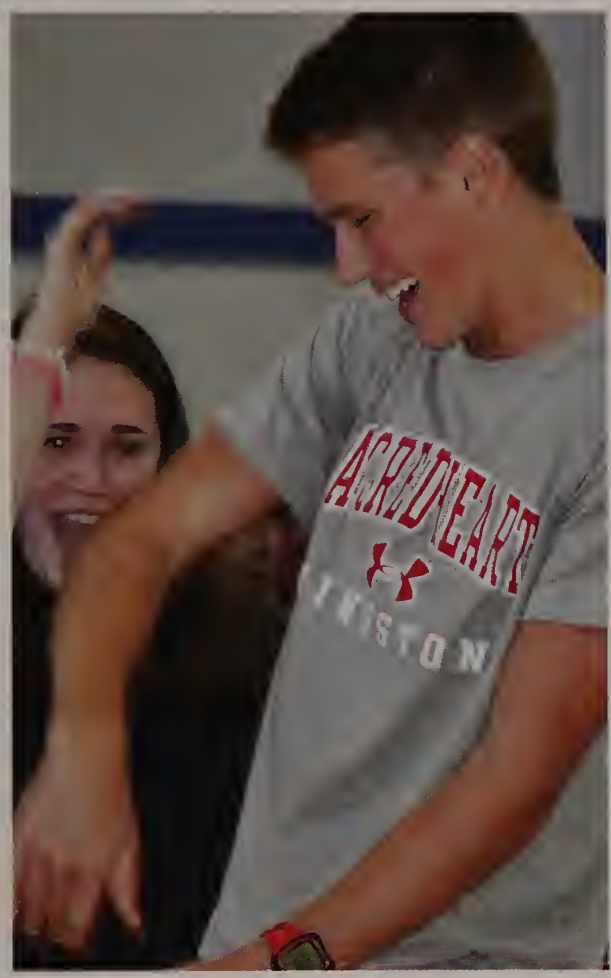




SCHOOL SPIRIT



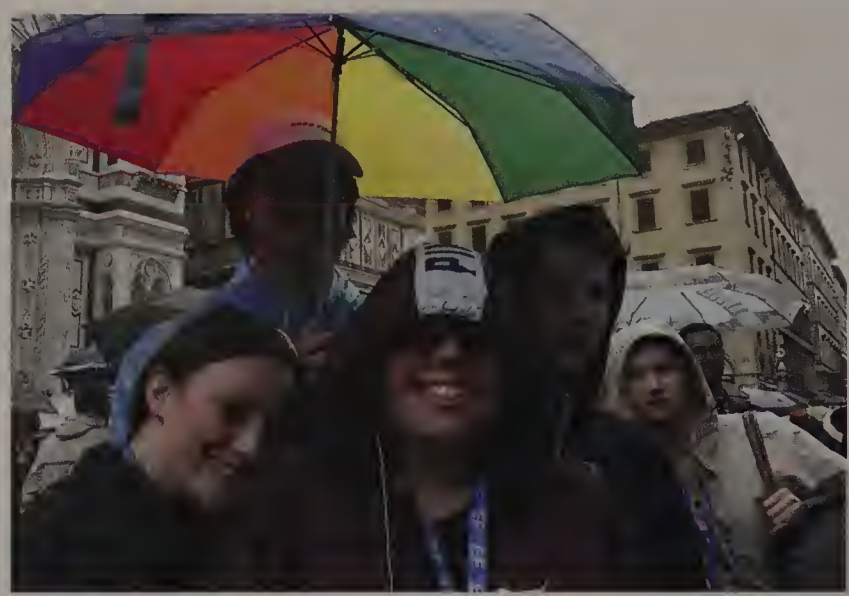


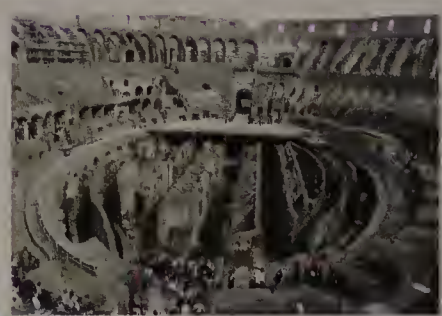

ACRDEART

17
8
20

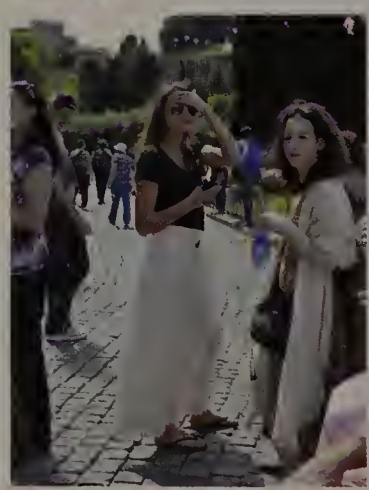
CHAMPIONS

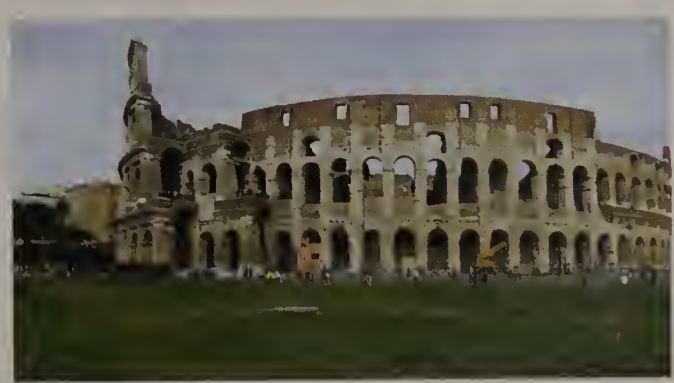
#24





CULTURAL TRIP ITALY





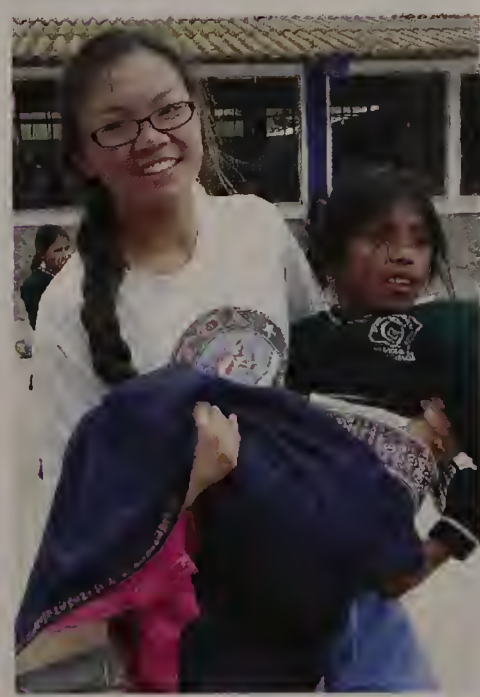
During February of 2016, 22 students & 3 chaperones had the privilege of traveling to Ecuador for an experience of a lifetime. The students participated in a service mission of helping to build a high school and were also allowed to interact with children that will later attend said high school. The main areas that were traveled to were: Quito, The Equator, Riobamba, San Miguel, Guayaquil, Yunguilla and even The Galapagos!

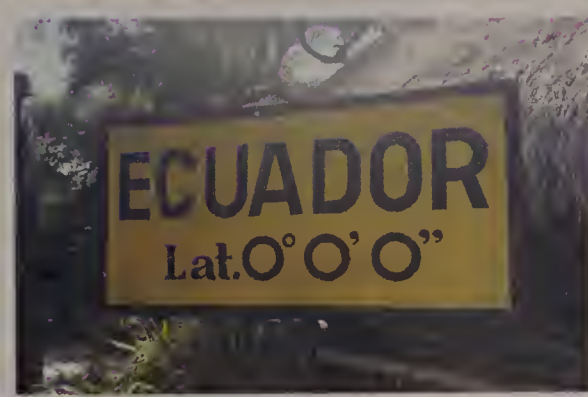
Special thanks to Ms. Trahon and Mr. and Mrs. Murphy

Bienvenido !

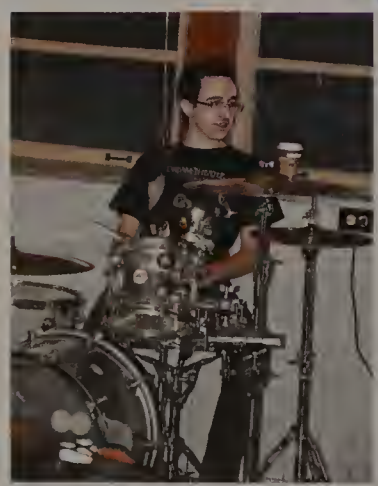
CULTURAL TRIP ECUADOR

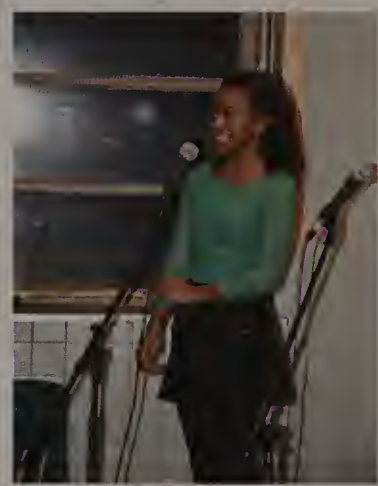
BIENVENIDOS — WELCOME
ESTACION CIENTIFICA
CHARLES DARWIN

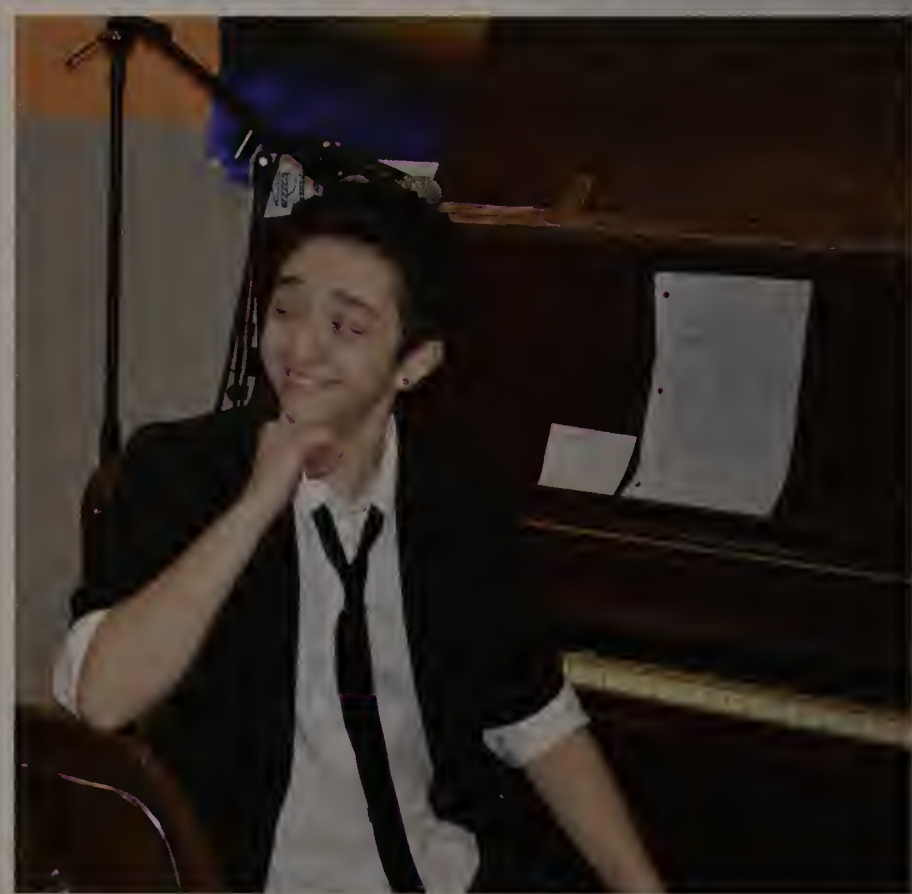


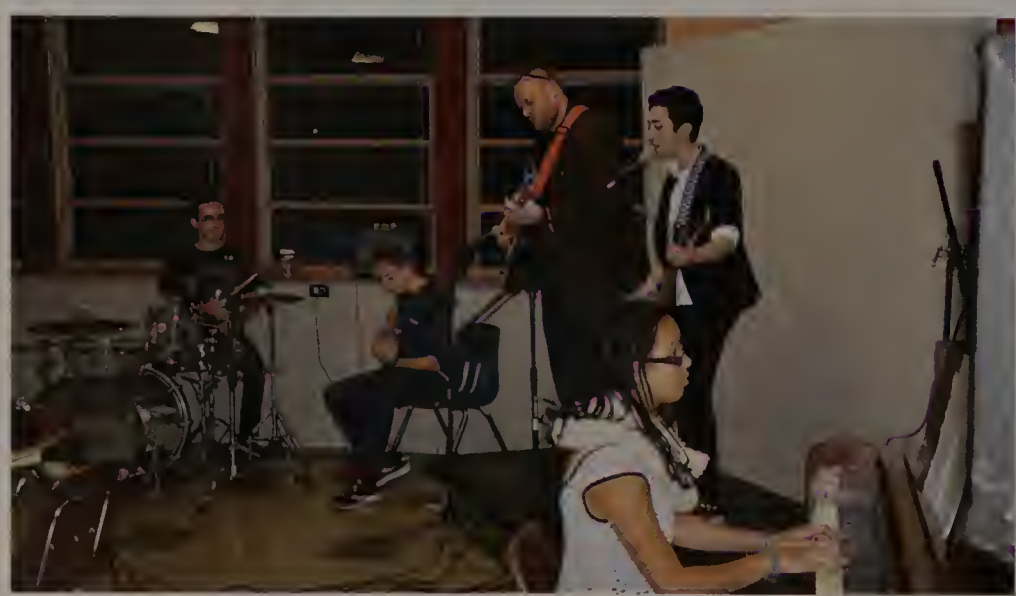

ECUADOR
Lat.0°0'0"

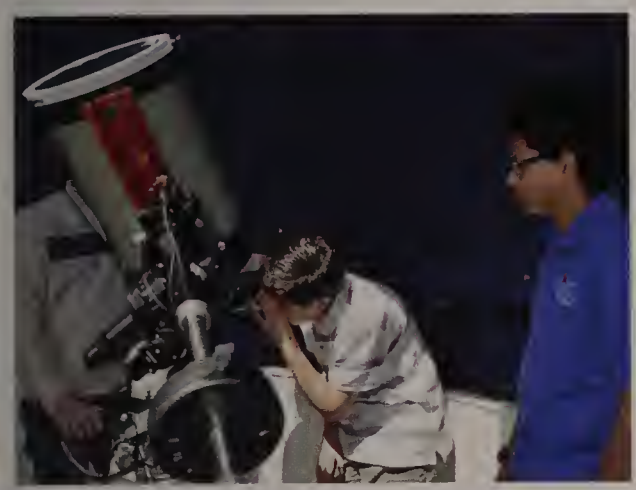
COFFEE HOUSE & ACADEMICS

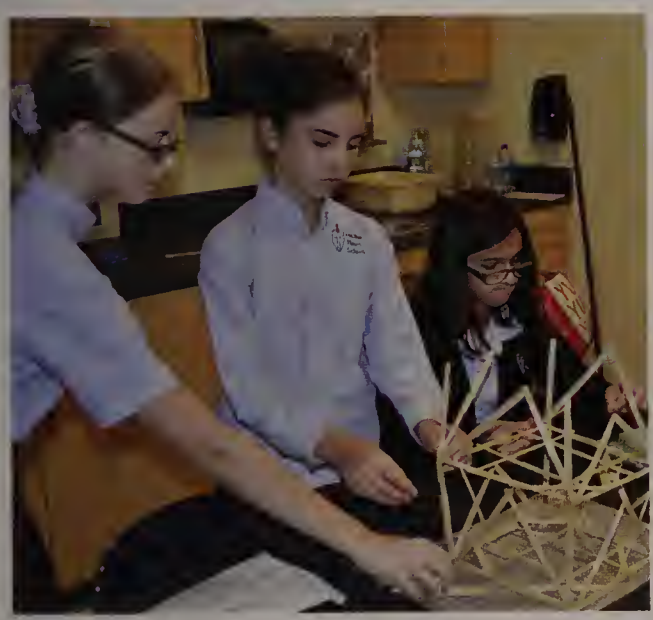


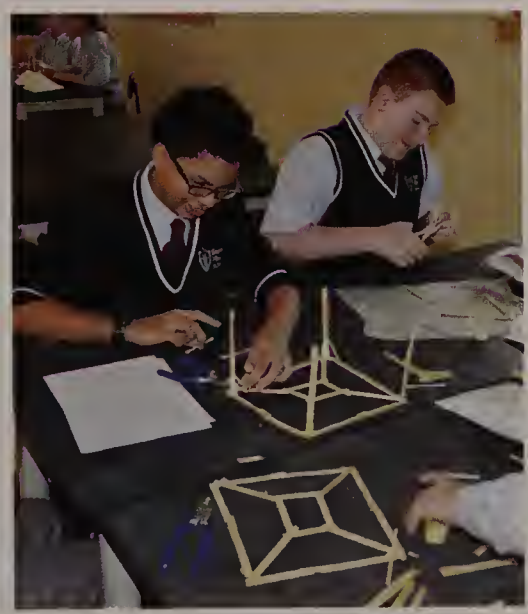




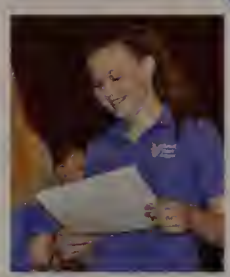


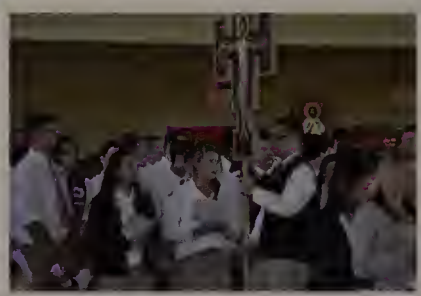






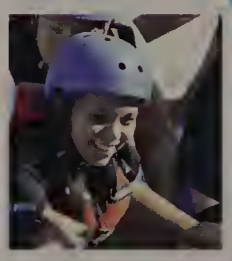
CAMPUS MINISTRY EOY AWARDS

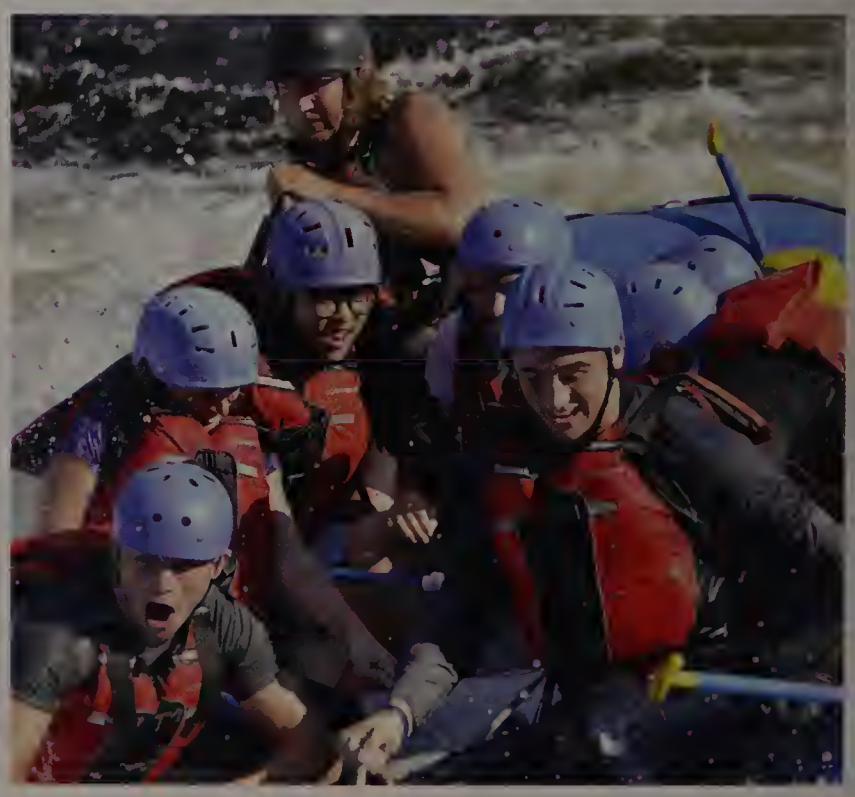




GRAZIE!
GRAZIE!

SENIOR RAFTING



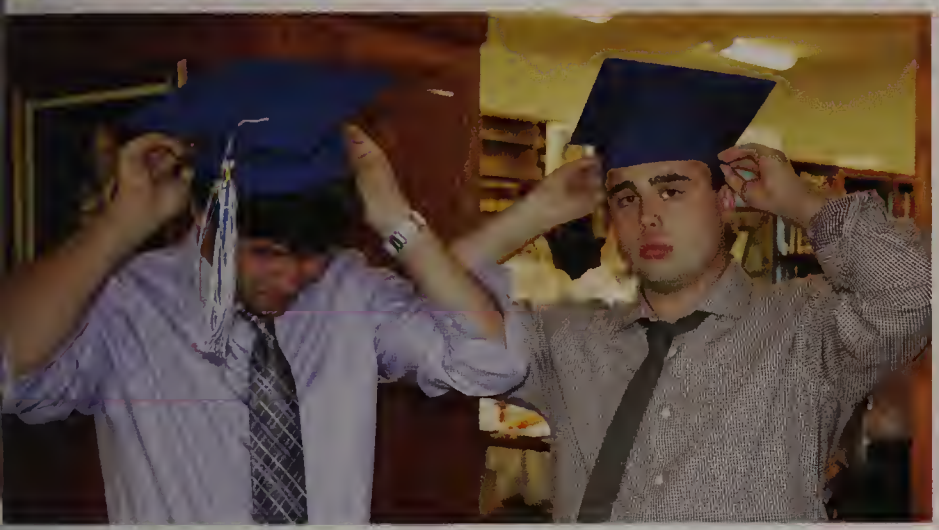


SENIOR AWARDS

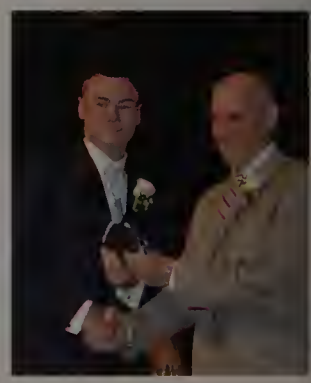
EXIT

SHHS
SACRED HEART
HIGH SCHOOL

BACCALAUREATE



FOR GOD AND COUNTRY



GRADUATION

FORTUNE
CHANGE

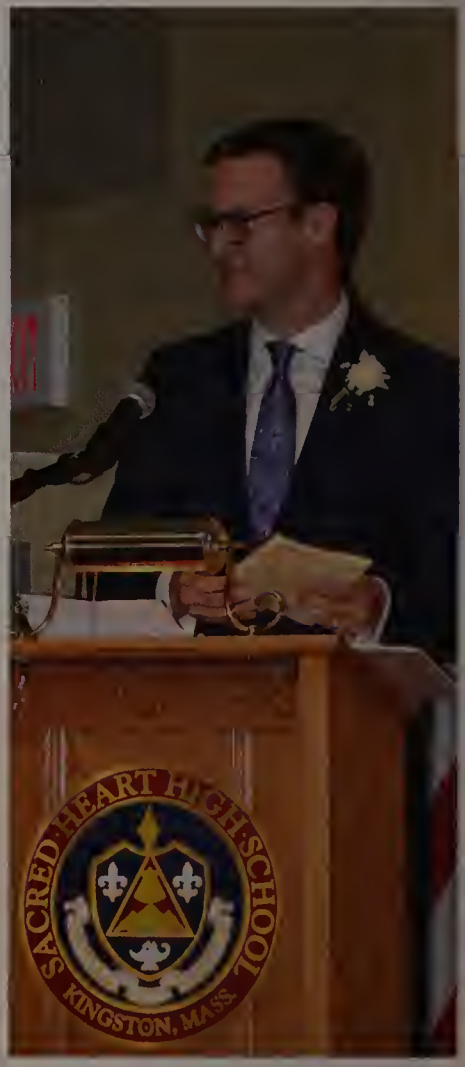
Above left to right :
Alumni Induction , Suzanne Giovanetti, '70
Principal's Welcome , Michael Gill , Ed.D.
Invocation , Sister Alice Marie Lyon, CDP
Introduction of Ketteler Medal Award Recipient , President Pamela Desmarais, '80

FEATURED SPEAKERS

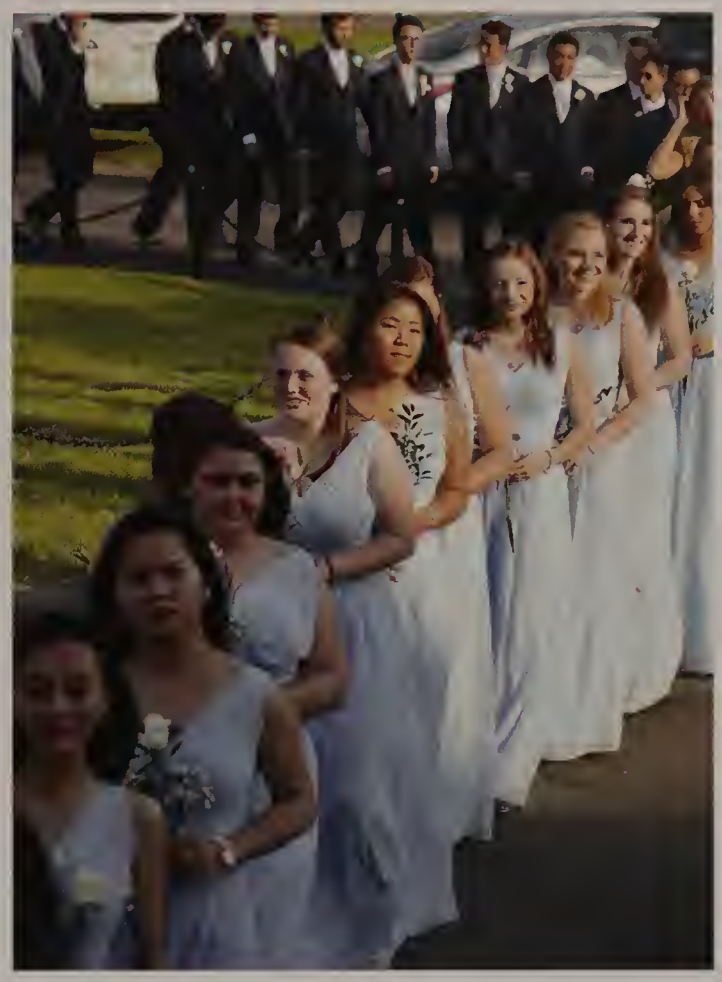
Left :
Message to Graduates , Danielle Maniscalco, '01, Foreign Service Officer, U.S. Dept. of State . . . passion for life, contribution to the world

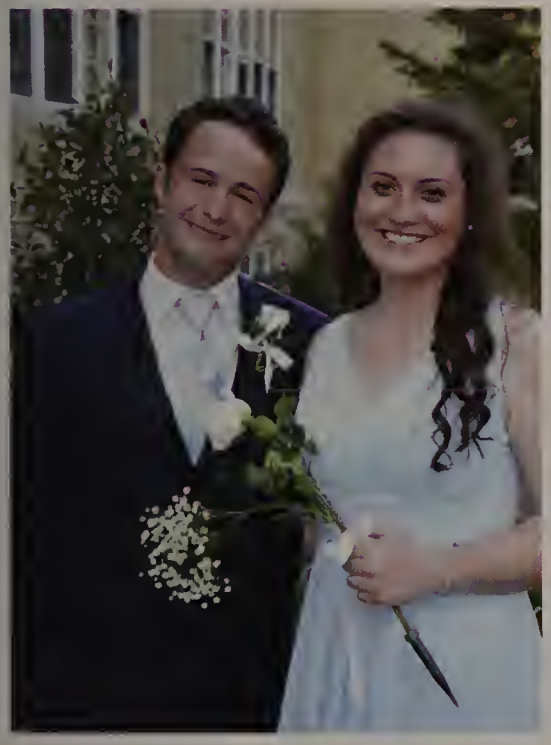
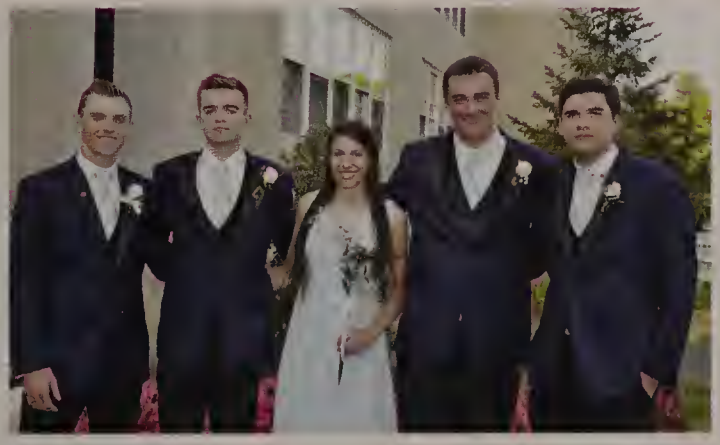
Above Right :
Salutary , Alexa Bitterman . . . changes past and anticipated

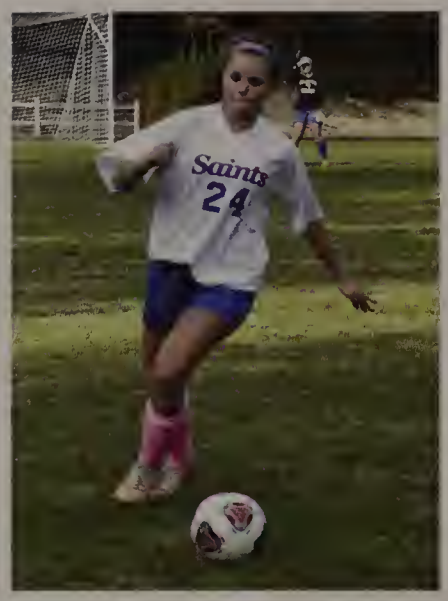
Right :
Valedictory , Benjamin Novak . . . compassion , character



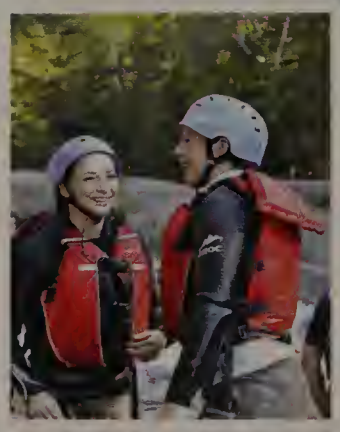
Above : Ketteler Medal Award Recipient, Michael Travers, '87 . . . spirited community of Sacred Heart

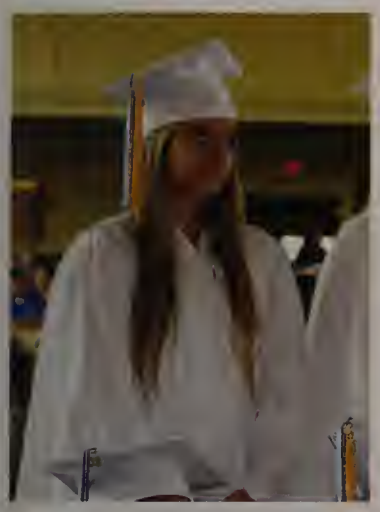




MEMORIES

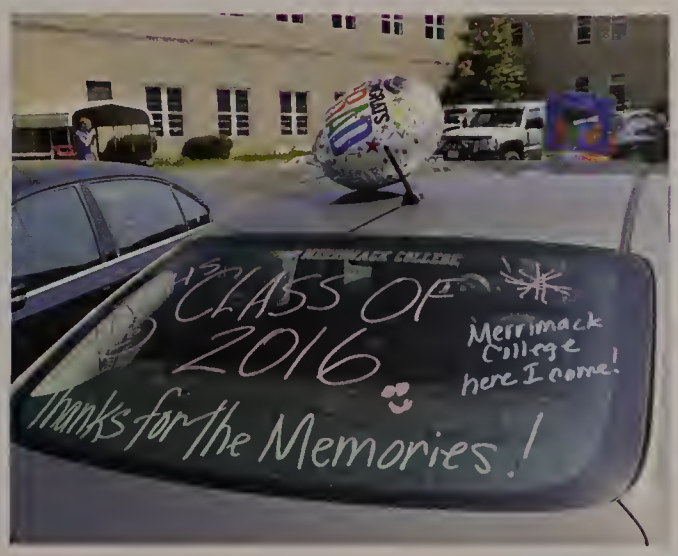




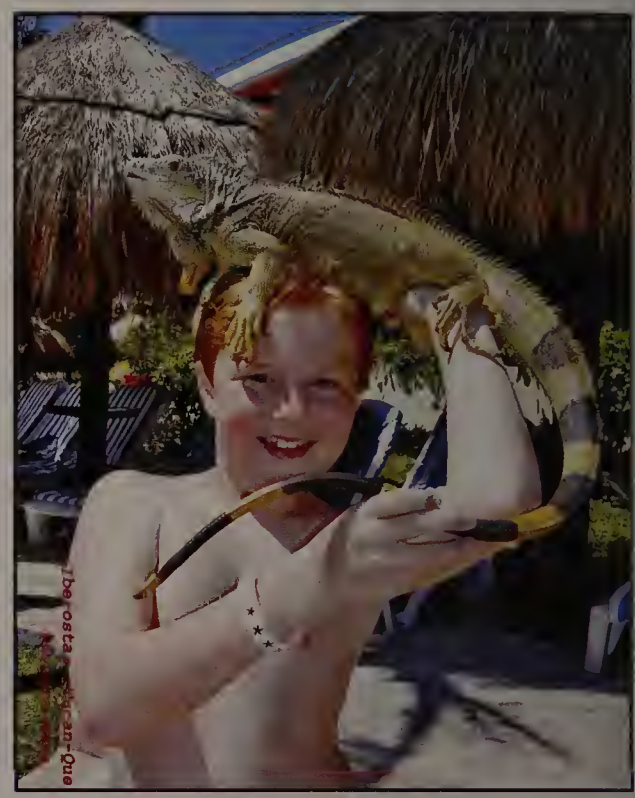
SHHS
SACRED HEART
HIGH SCHOOL

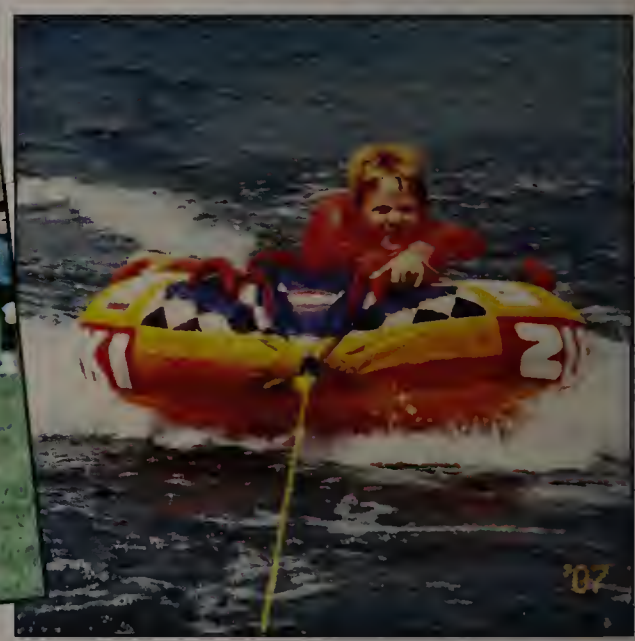
PURDUE

GURRI
COLLEGE


CLASS OF
2016
Merrimack College here I come!
Thanks for the Memories!

Matthew V. Johnson





Congratulations Matthew!
Now on to bigger and better challenges!
We are so proud of you, Love, Mom and Dad

Hayley Ferraro

Hayley,

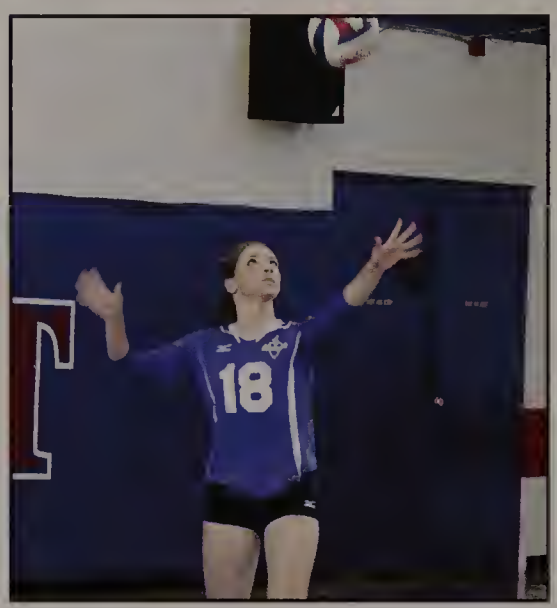
You are a star. Shine!
And make all your
dreams come true.

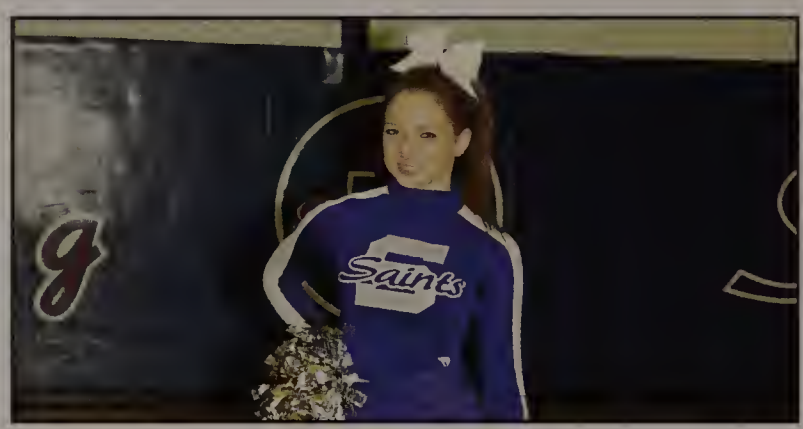
Love,

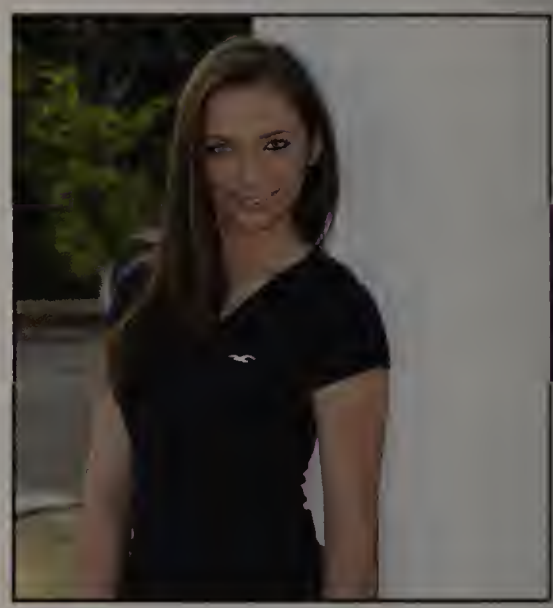
Dad, Mom, Coley,
Lor, and Colin

Rachel Judith Brown

I am so very proud of everything you have accomplished. Enjoy life to its fullest & may you have a successful future. I love you xo Mom







Colin Gillis

Pumpkin,

I am so proud of you and all you have accomplished!

Love ,

Mom

William Hunter Gregson

Congratulations Will!!!! Don't ever forget the lessons you have learned along the way - we are so proud of you!!!
Love always,
Mom, George, Gigi and J.J. (#57 1-4-3 xo mom)

Ian Fillion

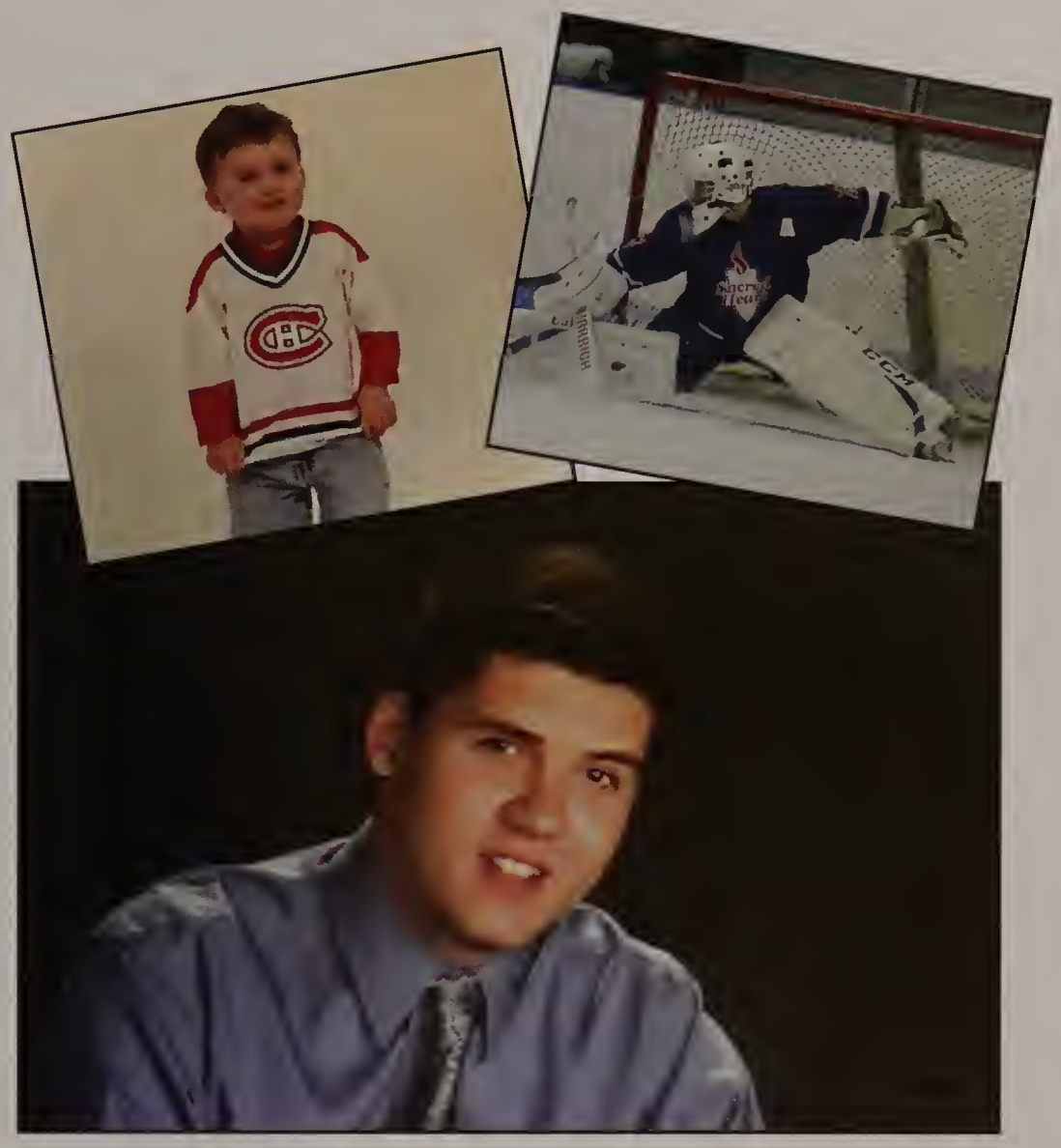
Ian,

Words cannot describe how proud we are of you!

We have had the privilege of being your parents and watching you grow into the incredible person you have become.

We are looking forward to the next chapter in your life and all of your future accomplishments.

Love, Mom and Dad



Nick Weir

Nick, you never fail to amaze and delight! We are so proud of the young man you have become. You have brought us more joy and happiness than you will ever know. We can not wait to see what this next journey holds for you. We have no doubt you will be a success!! We will always be here loving you and cheering you on. Congratulations!! We love you, Mom and Dad!

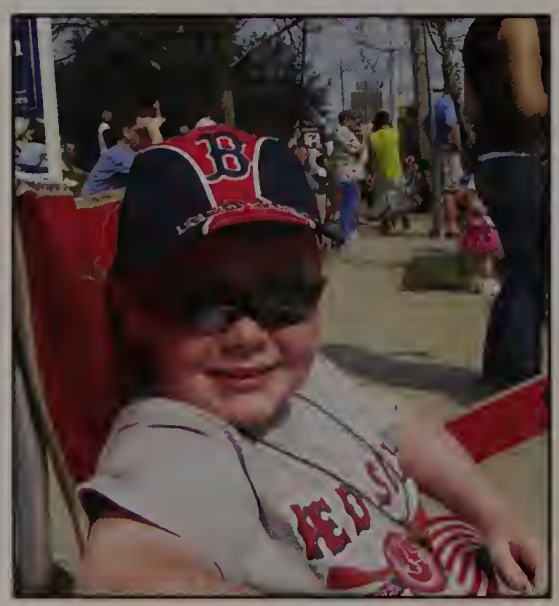
Thomas D'Amelio

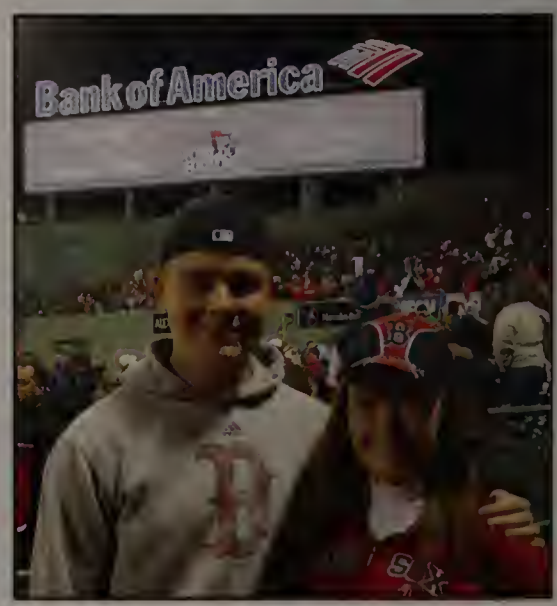
Congratulations Tom!

It is hard to believe that our little boy with the big smile is about to graduate. You have grown into a wonderful young man and we are so proud to call you our son. We know your future will be filled with much happiness and success.
Love,
Mom and Dad

Patrick Allen

We are so proud of all that you have accomplished and look forward to the next chapter in your life! Love Mom Dad Kelly





Nick Gallo

We are so proud of the young man you have become. We cannot wait to see what the next chapter holds for you. May God continue to bless you and direct your path. We love you so very much, always!
Mom & Dad

Samantha Knox

Congratulations Samantha!
We are all so proud of you.
Love,
Mom, Dad, & Thomas

Lauren Michelle Melchionda

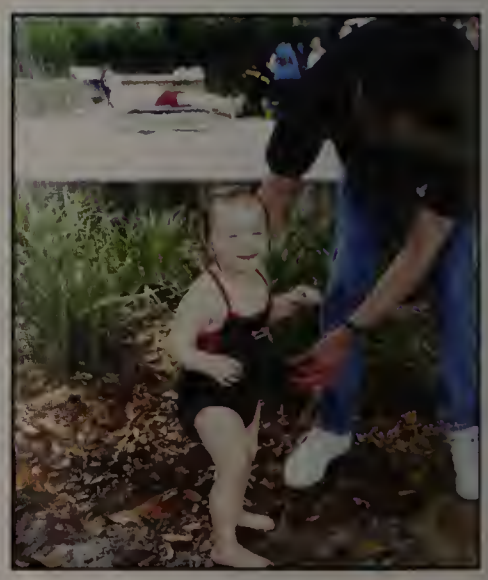
Lauren,
We are so very proud of you and all of your many accomplishments! All your hard work and dedication has made you the person you have become. Words can't describe how very blessed we are to have a loving and caring daughter like you. No matter what the future brings to you, know that your family will always be here to love and support you!
All Our Love,
Mom, Dad, Marissa & Kaitlyn

Katie O'Neil

"Don't cry because it's over. Smile because it happened." - Dr. Seuss

Katie -
We love you and are so proud of the generous, strong, and beautiful young lady you have become. You have a bright future ahead of you. Keep smiling always because life is a beautiful thing, and there is so much to smile about.

Love Mom and Erin



Jordan Alyssa Gailes

We are so proud of your hard work and accomplishments. You will begin the next stage of your life prepared for the challenges you will be faced with. We know that you will be able to handle whatever life throws your way. We love you very much and are proud to be part of this exciting time.

Love,
Mom and Dad

"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail." ~Ralph Waldo Emerson

Jord,
I honestly don't know what I'm going to do without you next year. You're truly my best friend and I love you more than anything. I'm so proud to call you my sister and I know you'll surpass all the accomplishments you've already achieved. I'll miss our "Jerry Springer" fights and you sassiness while your at college, but LIVE IT UP!

Love Always,
Kelsey

Alexa Mary Bitterman

Oka,
The day you were born, you came out screaming, fiery and determined, and you have not let up since. To say we are proud of all your accomplishments in these first 18 years would be a drastic understatement. It is with great anticipation that we look forward to the amazing future ahead of you. The only advice we offer you...stay true to your heart and enjoy the ride while you change the world!
We love you with all our hearts,
Mom, Dad, and Connor xo xo xo

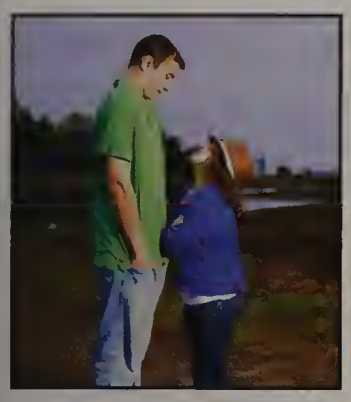
Natalie Hines

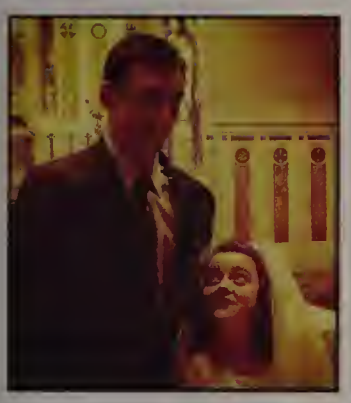
Dear Nat,

Congratulations on your high school graduation! We're very proud of you.

Love,

Mom, Dad, and Garrett





JOHN QUINN

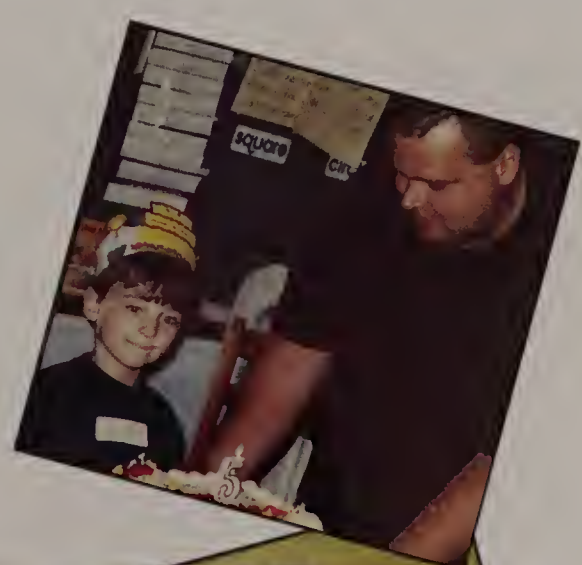
Thank you for being the best big brother anyone could ever ask for, I love you and I am so proud of you!

Love,
Abby

JOHN QUINN

I know dad would never miss these moments. he's with you everyday. I love you and am so proud of you
-Mom

Your time is limited. so don't waste it living someone else's life. Don't let the noise of others opinions drown out your own inner voice. And most important. have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.
-Steve Jobs



Kevin Flaherty

Kevin,

Congratulations! We are wishing you the very best of everything today and always. We love you. God bless you.

Love,

Mom, Dad, Joseph, and James

Jordan West

Jordan,
Wow! I cannot believe that you are graduating from high school! It has gone by so fast! I am so proud of you! You have worked every day to make yourself a success, and i have no doubt that you will continue to soar! You are now a beautiful young lady whom I love to the moon and back. I cherish the 18 years we have shared together with love, honesty and affection. I am looking forward to the rest of the years to come. Whatever road you choose, I'm right behind you, win or lose.
Love you always,
Mom and Lincoln

Caroline "Carol" Sheen

A Senior at last! Congratulations! Well done! Yay! I'm so filled with love and pride right now I'm about to burst. You are my daughter, and I am amazed by you. Always and forever. I'm truly in awe at what a smart, kind, caring, responsible and optimistic young woman you have become. You are quite simply a shining star and I can't wait to see what you offer to the entire world out there! For all the times I've come into your room late at night and found you toiling over physics equations, or speaking Spanish so fluently "American", or trying to think clearly and Christianly about the big questions of life, I commend you, my beautiful Caroline, for being faithful to your calling as a student these past twelve years. You've been such a source of happiness to me and I am deeply grateful to God for entrusting so precious a gift to so imperfect a parent. I love you.
xox Mum